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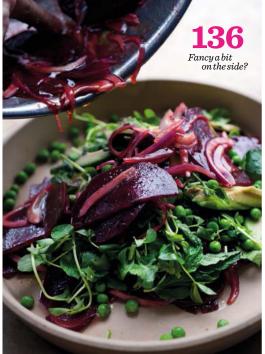
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sweet indulgences,
minus the guilt

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## B O B B I B R O W N

### **Secret to Perfect Skin**

#### **Bobbi's Foundations**

From sheer and dewy to polished and mineral-enriched, Bobbi Brown foundations are all designed to look like skin.



#### Long-Wear Even Finish Foundation SPF 15

A natural-looking and long-wearing foundation. Comfortable and hydrating, this medium to full coverage oil-free formula never looks cakey or masky. Lasts for up to 12 hours even in the most humid conditions.



# 1 8 8 0 W N

#### Skin Foundation Stick

Bobbi's iconic Foundation Stick gets an update with a transparent base plus skin tone correct pigments for an incredibly natural look. Its creamy yet weightless texture blends seamlessly so it mimics the look of healthy skin. In 24 skin tone correct shades (our broadest shade range).

"With the right foundation, any woman can look like she naturally has even, perfect skin."



## How to create skin that looks like skin

With the right foundation, it's easy to look like you naturally have smooth, even, perfect skin. Celebrity makeup artist Bobbi Brown shares her secrets and tried-and-true tips.

#### 1. Know Your Skin Tone

It's important to choose a foundation that's skin tone correct. Stay away from foundations with pink or white undertones because they look fake and chalky on skin.

#### 2. Make It Match

Foundation should be the same colour as your skin. To find a foundation that matches, swatch a few options on the side of your face. Look at your reflection in natural light — the shade that seems to disappear is the right one. Double-check this shade on your forehead as skin tends to be darker there.

#### 3. Always Moisturise First

Moisturiser is the best way to prep skin for flawless foundation application. Try a lightweight moisturising lotion if you have normal skin, or a richer, hydrating cream or balm if your skin feels tight and dry. For oily skins, I suggest an oil-free formula that hydrates while it helps reduce shine.

#### Discover the Bobbi Brown Foundation That's Right for You

Visit your Bobbi Brown counter for your secret to perfect skin lesson and receive a travel size of your shade of foundation stick — our treat.\*

\* One per customer. While supplies last.



I know now that I was never cut out to be a professional sportswoman. I know, I know, cue endless shock and indignation from my closest friends and family. Not.

Do you know how I know this? Because I read the first paragraph of "Get The Winning Edge" (p114). It points out how this year's Jeep Warrior Race winner Hanneke Dannhauser completed last year's gruelling race - with a broken ankle managing to come third overall, by walking the last couple of metres. On. Her. Hands.

Yes, exactly – on her hands. Hands up (excuse me) who of you would have given up by then? I know I would have - although those of you still shrieking with mirth over my opening salvo would already know that. I am barely cut out for the hardship that a tenth burpee entails, let alone galvanising my flagging spirit and muddied, broken ankle across a finish line on my bare hands.

But that doesn't matter in this issue, because it's all focused on being a superhero in your own backyard, whatever that might mean. Despite the fact that here, at WH HQ, we're still more than a little obsessed with Halle Berry's iconic rendition of Catwoman in her eye-poppingly skin-tight PVC and spike-heeled boots, we took our inspiration from the slew of new superhero films opening this season. We're talking about you Black Widow, Invisible Woman, Gamora and Co. With Scarlett Johansson, Zoe Saldana and Kate Mara as our newlook fitness heroes, we got to work creating a bespoke superhero workout that will literally flatten your abs, tighten your tush,

strengthen your quads and rid you of those accursed bingo wings for good! Kapow!

Along with slipping into achingly bodycon rubber suits, superheroes also seem to be super-skilled in some other areas that caught our attention this month... They're brilliantly productive: kicking bad guys' asses, snatching the attention of hot good guys, working in secret and undercover while maintaining a full-time career, all with perfect hair and lipstick. Fortunately, you'll find major advice on this front too. Just check out "Your Superhero Transformation" (p79).

And, if, like me, you feel the urge to start slacking off on the health and fitness front now that it's getting cooler, I insist you hop online and commit to joining us for our 12-kay run in May. There's a brilliant training programme just waiting for you to crack - and, honestly, for someone (that'll be me!) who's more excited about buying Stella McCartney's new Adidas trainers, Puma's new Ignites and Nike's new anythings, I know a little something about slacking off. And I'll be running!

PS: Batman remains my fave superhero for this: "I only work in black and sometimes very, very dark grey." Who can fault that fashion logic - am I right?



**DANIELLE WEAKLEY** 

🏏 @DanielleWeakley 🏻 👸 @danweakley





## This month, WH will help you...

#### DRINK TO YOUR HEALTH.

"I love a beer around the braai, so it was with glee that I read the Nutrition Scoop - not only is a brewski lower in sugar and alcohol than your average pink drink, it's also good for you... if you stick to the right one. WH rated four in a blind tasting. Hop to p36 for the low-down."

MANAGING EDITOR SUSAN BARRETT

#### FAST YOUR WAY FABULOUS.

"A hot-off-the-press US study says intermittent fasting kickstarts a gene that promotes longevity and weight loss. No small wonder then that the 5:2 Diet has made a major comeback. Check it out on p130. Is fasting ever safe? Let me know what you think..."

DANIELLE WEAKLEY

#### **GET MORE SH\*T DONE.**

"Moving to a city where time is a commodity, 'Get More Sh\*t Done' (p98) has great ideas for using it more efficiently. I especially like the idea of using a coffee shop as an office extension let's see how I can wangle that this deadline...'

ART DIRECTOR GEORGE CAPETANAKIS

#### INCORPORATE SUPER-GOOD SEEDS IN YOUR DIET.

"Reading 'Not A Bad Seed Here' (p74) gave me a breakdown of how nutritious seeds really are, plus clever ways of eating them, like using hemp seeds in place of pine nuts when blending your own pesto. I'd never have thought of that!"

**FASHION EDITOR** MARI GROENEWALD



One. With the power of Two.

## Double Serum Complete Age Control Concentrate

Inspired by Clarins plant science and powered by 20 of the most powerful anti-ageing pure plant extracts, Double Serum's innovative, two-phase system targets all aspects of skin ageing in one complete concentrate. Immediately skin is more radiant. After 4 weeks, skin appears firmer, wrinkles are reduced and pores less visible<sup>1</sup>. A double anti-ageing performance.

90% of women agree that Double Serum is more effective than their regular serum<sup>2</sup>. Find out why.

\*Awards granted by the international press to Clarins Double Serum since 2013. 1. Satisfaction test, 197 women. 2. Satisfaction test. 126 women. 4 weeks.

www.clarins.co.za



## CLARINS

## WomensHealth

Editor Danielle Weakley (danielle.weakley@media24.com) Creative Director ROBERT CILLIERS (POREDT CILLIERS@MEDIA 24 COM) Assistant Editor Wanita Nicol (wanita.nicol@media24.com) Managing Editor Susan Barrett (susan.barrett@media24.com) Features Editor Kirsty Carpenter (kirsty.carpenter@media24.com) Senior Features Writer Gotlhokwang Angoma (gangoma@media24.com) Fashion Editor Mari Groenewald (Mari.Groenewald@Media24.com) Fashion Assistant Marilize Uys (Marilize.Uys@Media24.com) Art Director George Capetanakis (george.capetanakis@media24.com) Senior Designer MICHELLE VON SCHLICHT (MVONSCHLICHT@MEDIA24.COM) Senior Copy and Food Editor Amy Rankin (amy.rankin@media24.com) Contributing Beauty Editor Helen Clemson (helen@hctext.co.za)

Contributing Experts: PAOLA WOOD, KIM NOLTE (Fitness); CELESTE NAUDÉ (Nutrition); ELIENNE HORWITZ (Weight Loss); ELNA RUDOLPH (Sex & Relationships); TAMLYN MCKEAG (Health)

In-House Photographer James Garaghty

#### Contributors

CARRIE ARNOLD KATE ASHEORD IEN ATOR ELIZABETH BARKER, DAMIEN BENNETT, TUDOR CARADOC-Davies, Caitlin Carlson, Dan Forbes, Jessica Girdwain, Zohar Lazar, Ture Lillegraven, Jonathan Lovekin, Hara ESTROFF MARANO, GLEN MONTGOMERY, AMY NEUNSINGER. JUSTIN POLKEY, TRAVIS RATHBONE, VANESSA ROGERS, MELANIE Shears, Kate Sullivan, Jaime Tardy, Riana Vogel, Rachel Meltzer Warren, Ben Watts, Kate Wilson, Romulo Yanes

#### WOMEN'S HEALTH ONLINE

Project Manager ROCHELLE DE BEER (ROCHELLE DEBEER@MEDIA24.COM) Digital Editor Thamar Houliston (THAMAR.HOULISTON@MEDIA24.COM) Assistant Digital Editor Joy NIEMACK

(IOV NIEMACK@MEDIA24.COM)

#### SHARED SERVICES

Production Manager (health and sport) Kerry Nash Advertorial Coordinator Amy Mostert

Unless previously agreed in writing, Women's Health buys all rights to all contributions, whether image or text.

#### PUBLISHING

Publisher Mariike Cloete 021 408 3511 (marijke.cloete@media24.com) Publishing Manager Francois Malan 021 408 1228 (francois.malan@media24.com) Business Development Manager YVETTE JONES 021 408 3612 (yvette.jones@media24.com)

#### MARKETING AND PUBLIC RELATIONS

Marketing Executive Megan Brown

021 408 1242 (megan.brown@media24.com)

#### ADVERTISING SALES JHB: Kylee Robertson

011 322 0799/076 263 9114

(KYLEE.ROBERTSON@MEDIA24.COM)

Kathryn Molyneaux (Booth) 011 217 3197/083 395 3442 (KATHRYN MOLYNFALIX@MEDIA24.COM)

MARILIZE HAY 082 465 9543 (MARILIZE.HAY@MEDIA24.COM) CT: Myles Kelsey 021 443 9475/082 613 8498 (myles, kelsey@media24.com) Lameez Raizenberg 021 408 3960/082 909 9696

> (LAMEEZ.RAIZENBERG@MEDIA24.COM) HANNES BURGER 021 408 3078/076 152 4605 (HANNES.BURGER@MEDIA24.COM)

#### **MEDIA24 CENTRAL SALES**

Head of Advertising Sales Yvonne Shaff

021 443 9812 (yvonne shaff@media24.com)

Head of Sales Craig Nicholson

011 322 0776 (craig.nicholson@media24.com)

CT: RICKARDT DE BEER ()21 443 9434 (RICKARDT DEBEER@MEDIA24.COM)

DBN: Theresa Lavery 031 566 2442 (theresa lavery@media24.com)

#### MEDIA24 MAGAZINES DIGITAL

CPT: 021 468 8299 JHB: 011 993 8050 DBN: 021468 8070 (INFO@SPACEMAIL.CO.ZA)

Address: Women's Health, PO Box 16368, Vlaeberg, 8018 Tel: 021 443 9447, Fax: 021 408 3547

Email: AskWH@womenshealthsa.co.za Website: www.WomensHealthSA.co.za

General Manager, Lifestyle Charlene Beukes CFO, Lifestyle Raj Lalbahadur General Manager, Leisure JACQUES BREYTENBACH

**CIRCULATION SALES AND SOLUTIONS** 

Head of Circulation Gadija Gamieldien 021 408 3875 Head of Retail Andreline van Tonder 021 408 3936 Circulation Manager RIAAN WEYERS 021 443 9964

Subscription Manager Jenny Marinus (jenny.marinus@media24.com) Product Manager George Van Biljon 021 443 9824

For any queries, please phone 021 406 2121; subscription enquiries: Tel: 0877401039/0214051092, Fax: 0214064057 Email: womenshealth \_ subs@media24.com SMS: WomensHealthSubs to 32511 (R1 per sms), WEB: WWW.MYSUBS.CO.ZA/WOMENS-HEALTH

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#### RODALE INTERNATIONAL

Rodale Press Inc, 33 East Minor Street, Emmaus, Pennsylvania, 18098, USA

Senior Vice President, Rodale International, Business Development and Partnerships ROBERT NOVICE Editorial Director, Rodale International IOHN VILLE

EDITORIAL

Deputy Editorial Director, Women's Health Laura Ongaro

Content Manager Karl Rozemeyer Assistant Editor Samantha Ouisgard Production Assistant Denise Weaver

#### BUSINESS

Executive Director, Business Development and Global Licensing Kevin LaBonge Director, Business Development and Global Licensing Angela Kim Financial Analyst Moira O'Neill Coordinator, Business Development BURCU ACARLAR



#### SCIENTIFIC INNOVATION

## Double Serum

### Double the anti-ageing power.

Inspired by two Nobel Prize discoveries, Clarins creates Double Serum. This award-winning formula does more than target all aspects of skin ageing in one concentrate. Clinical tests have proved that Double Serum will also boost the effectiveness of your daily skin care.

#### Reinforces the effectiveness of your day cream!

Clarins Scientific Researchers have discovered the incredible power of cang zhu extract, one of the 20 anti-ageing plant extracts present in Double Serum. Originating from Chinese pharmacopoeia, it significantly increases cellular communication.

And if your skin cells communicate more effectively, your skin will not only respond rapidly to the rich actives in Double Serum but also to those included in your regular skin care.

Clarins, No.1 Prestige skin care brand in Europe<sup>2</sup>.

87%

of women stated that Double Serum boosts the effectiveness of skin care applied afterwards<sup>1</sup>.

Double Serum
With cang zhu extract











30+

#### Multi-Active Day

prevention of premature ageing

40+

#### Extra-Firming Day

visibly reduces wrinkles and improves skin firmness

50+

Super Restorative Day

 $\longrightarrow$  replenishing skin action

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1. Satisfaction test, 95 women, 4 weeks. 2. Source: NPD BeautyTrends®, total sales of 4 countries: France, Italy, Spain mainland and UK, skin care products sold in Perfumeries and Department Stores, Luxury brands, sales in value in 2013.



#### TELL Women's Health



### WeHearYou!

Wild about Women's Health

For the past two years my husband and I have been studying the lions of the Kalahari Desert. We spend 20 days of each month in the field living out of our Land Rover, away from all cellphone reception, sleeping in our rooftop tent. While out in the bush, we spend about 14 hours a day, up to eight days at a time, in the car in search of lions. Our closest town is miles away, so we do a supply shop only once every three months.

Maintaining a fit and healthy lifestyle in this extreme environment proves challenging – we have to be very creative and continuously motivate each other! We've put together a car exercise routine using dumbbells and resistance bands and we put the back of our seats all the way down to work our cores. And, when there are no lions around, we hop out the car and do a variety of cross-training exercises. Most fresh supplies run out within the first month; thereafter I enjoy the challenge of coming up with healthy meals using frozen and tinned ingredients.

During our last supply shop I purchased my first WH magazine. It was full of information, including recipes and exercises, that I could apply to our isolated Kalahari lifestyle. I'm definitely a new fan and am already looking forward to my next issue, which I'll pick up in three months' time - sigh...

– Maya Beaukes, Kalahari Desert

#### Fire starter

Thank you to your entire team - you have all inspired me and kept me motivated throughout my own journey. When I was 16, I was a whopping 120kg and, probably, borderline diabetic. But, thanks to Women's Health, my parents and, later on, my great boyfriend, I've lost 32kg! I'm now almost 21 with my whole life ahead of me! I'm studying comprehensive nutrition and I could practically own shares in my local gym.

So, thank you again for igniting that fire of capability in me when I needed it the most.

– Dabney Ferreira, Joburg

#### **Inspired change**

I just wanted to thank you for everything that you do to create this wonderful inspiration of a magazine. I love it! I subscribed last year and the copies started to pile up. Yesterday I took out all the exercise tips and recipes and made a file to keep everything. I love exercise but don't really

cook, so now I need to start trying these recipes.

"The Incredibles" (Jan/ Feb 2015) inspired me to work harder and not give up. But I did decide to give up coffee for the

month of January after reading "5 Ways To Live Your Best Life". It was hectic – being the addict I am – but so worth it! Thank you for catering for women of all shapes and sizes! - Liezl de Necker, Paarl

#### Count me in!

I'm 38 years old and, throughout my childhood and adulthood, I've battled with obesity. I've tried every diet under the sun, including the "soup diet" where I lost about 10kg in three months - only to put it back on again. I always asked myself what made me gain weight, as I wasn't much of an eater and went to gym often. Then, last year, I discovered kilojoule counting.

Most kilojoulerestricting diets come with requirements on what to buy - ingredients that are unaffordable to most people. I looked at the food in my fridge and decided to use "normal" things to create a kilojoulecounting lifestyle infused with substitutions, like making a pizza using sweet potato as a base instead of flour. I also learnt that you can make your plate interesting by portioning your food, and that you can eat anything, including cake and

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#### **DERMATOLOGY**

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#### MENTAL HEALTH

SHAHNAAZ SUFFLA BA (WITS), BA (HONS) PSYCH (UWC), M.PSYCH (UWC)

SALEEMA NOSARKA MBCHB, FCOG, MMED

**CELESTE NAUDÉ** PHD, M.NUTR, BSCDIET

**ELNA RUDOLPH** MASTERS (SEXUAL HEALTH)

TAMLYN MCKEAG

PAOLA WOOD
PHD (HUMAN MOVEMENT
SCIENCE, UP)

KIM NOLTE DPHIL (HUMAN MOVEMENT SCIENCE, BIOKINETICS, UP)

#### WEIGHT LOSS

**ELIENNE HORWITZ** BSC (HONS) PHYSIOLOGY (WITS), BSC (MED HONS) NUTRITION & DIETETICS (UCT)

biscuits, through a system called kilojoule banking. In short, I lost 13kg in six months and I'm still losing - until I reach my goal weight. I only lose 0.5kg a week/two kilos a month, so it's difficult to put it back on again.

This lifestyle doesn't cost me a cent extra, and I can eat things that I'm craving, as long as I portion and prepare them in a particular way.

– Zandile Qampi, Durban

Drop us a line at TellWH@WomensHealthSA.co.za. Please include your full name and the city in which you live.

#### WRITE IN AND WIN!

The writer of this month's winning letter receives a bottle of Hugo Woman - a fruity, floral fragrance with an unconventional, boyish twist. It's a fusion of traditionally feminine and unexpected masculine notes, redefining glamour.



## THE 1<sup>ST</sup> ANTI-AGEING SKINCARE TO TREAT DARK SPOTS AND WRINKLES AT THE SAME TIME\*



#### ■ SPECTACULAR RESULTS\*\*

- REDUCES THE APPEARANCE OF DARK MARKS AND BLEMISHES
- REDUCES THE APPEARANCE OF WRINKLES AND FIRMS SKIN
- BRIGHTENS AND EVENS COMPLEXION
- SHIELDS AGAINST PREMATURE AGEING WITH SPF 25 PROTECTION

#### ■ THE EXPERT ROUTINE

FOR OPTIMAL RESULTS, WE RECOMMEND BOTH PRODUCTS ARE USED AS PART OF YOUR REGIME:

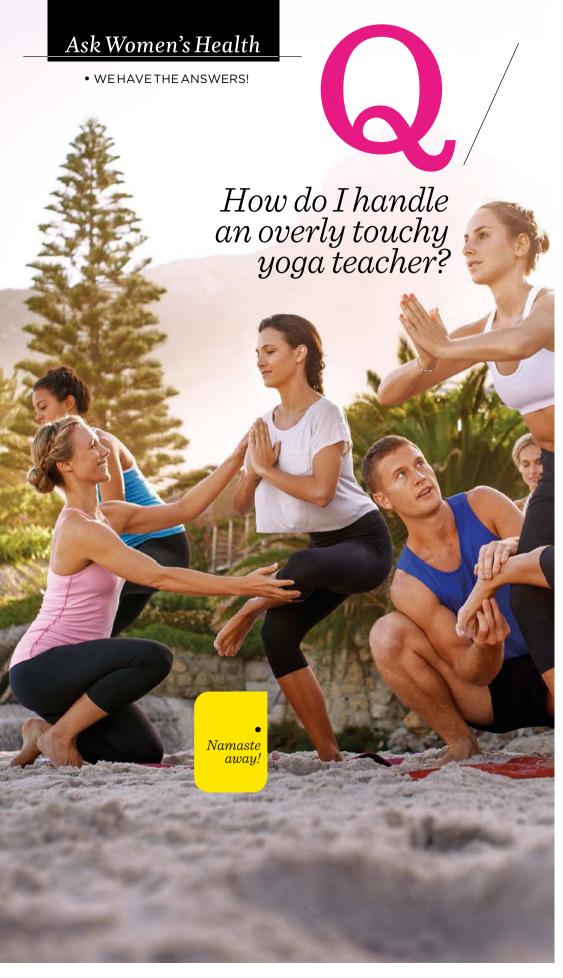
**1.NIGHT PEELING LOTION** - ACTING AS A COSMETIC PEEL, GENTLY APPLY THE LOTION WITH A COTTON PAD ON CLEANSED FACE AND NECK EVERY EVENING.

**2.GLOBAL CARE SPF 25** - APPLY DAILY WITH FINGERTIPS, USING CIRCULAR MOTIONS, TO FACE AND NECK EVERY MORNING TO PROTECT AGAINST THE APPEARANCE OF NEW MARKS.

\*From L'Oreal Paris. \*\*Clinical test of 48 women after 12 weeks of product application (Revitalift Laser Renew Night Peeling Lotion and Global Care SPF 25).\*\*\*IPL = Intense Pulse Light.
\*\*\*\*Self-assessment of 51 women, after 8 weeks.







"Hands-on adjustments are actually quite common in yoga and, when given appropriately. can benefit practitioners at every level, by ensuring proper body alignment, safely allowing you to go deeper into a pose," says yoga instructor Kathryn Budig. "That said, you know your body best. If you feel violated, ask the teacher to stop or even express that you'd prefer not to be adjusted at all. If you receive a defensive reaction, this isn't the teacher for you."

#### How do I get rid of my belly? Jogging and a balanced diet aren't helping. I'd love abs.

"Belly fat is caused by a highkilojoule diet, but stress, insulin and hormones play a role too," says fitness expert Dr Paola Wood. "From an exercise perspective, try to get at least an hour-anda-half to two hours of aerobic exercise in per week. If time is limited, increase the intensity. Four 15-minute bursts will provide the same benefit as two hours of light jogging. Resistance training - while it won't directly burn the fat - will increase your overall metabolic rate and encourage weight loss. Use stress management techniques to help regulate cortisol. Lastly, investigate if you suffer from insulin resistance and consult a dietician to help regulate bloodglucose levels. Any one change will play its role, but the best results will come from the best effort: changing all three at once."

#### Itried Banting and picked up an alarming amount of weight. What now?

"To lose weight, we need to eat less food energy (kilojoules) than what our bodies use in order to create a negative-energy balance. Then we need to maintain this over time to cause weight loss. A highfat diet can come with lots of extra kilojoules, unless portion size is limited," says dietician Dr Celeste Naudé. Gram for gram, fat has double the number of kilojoules as protein and carbs. "Unfortunately, many commercial diets are sold as one-size-fits-all. But different people respond differently to different approaches. Think about diet in terms of weight, but also in terms of health. An unhealthy diet increases other health risks and can be harmful in the long run," explains Naudé. Consult a registered dietician for an assessment and individualised guidance on losing the kilos.

# ONE OBSESSION #LIVEYOURS

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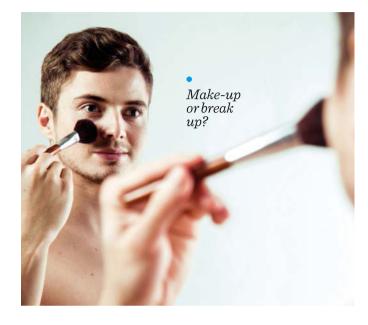
O A K L E Y



Do men ever wear make-up, like BB cream or concealer, to hide blemishes?



Did you know that, other than being a cricket legend, AB de Villiers took a crack at being a pop star? Google "Maak Jou Drome Waar" (seriously, doit) and watch ABrock out with a chap called Ampie du Preez, who wears enough base to convince you he could double as a Madame Tussauds' exhibit. Apart from the Ampie exception, I don't know many men who do that kind of thing. Of course they exist (just look at the products featured in the grooming pages at the back of men's magazines), but most guys I know keep it simple: face wash, cologne, maybe moisturiser, or sunblock if you're a ginger. We are all used to women wearing make-up, but, generally, if men do, instead of hiding blemishes they end up looking a bit odd as if they were in drag. Maybe I'm a bit of a knuckle-dragger on this front, but in my experience the only time concealer-type stuff comes out is when it's a guy's wedding day and a zit the size of Khulubuse Zuma has appeared on his face. Drastic times call for drastic measures.



There's this gorgeous guv in the office who peacocks around and thinks every girl's assishisterritory. How do I bringhim down a notch?

Interesting choice of words... "Gorgeous" implies that you have some level of crush on him. If you

didn't, something like "handsome, yet smarmy tit" would have been more appropriate. The rest - "every girl's ass" - makes you seem a bit jealous. That said, I don't know the dynamics of your office. If you really want to ridicule him, then know you

may be creating an office enemy, which, on average, is not worth the stress. If you want to bring him down a peg, simply don't buy into his games. Make it clear that your ass is not his territory and that you won't tolerate language/ behaviour to the contrary. Alternatively, play his game and be the "gorgeous, yet unavailable" colleague who drives him crazy. But spend time figuring out what it is you really want to achieve. before doing anything.

#### Do men check out their bits with a mirror?

It depends how fat they are. You see, when we're in shape we don't need mirrors because the old twig and berries hang free on the outside of the body instead of down and out of sight (I suddenly feel like a biology teacher). In fact, the "can I see my pecker?" test is possibly the greatest male weight-control mechanism ever invented. Forget scales and tight pants - the moment a man can't see his bits, he knows it's time to turn over a new tree in order to, er, reveal the trunk. I think you get my drift.

#### Safe Or Not? **SHAPEWEAR**



If it's the right size, it's fine to wear on special occasions and for short periods, such as a wedding - not for a 12-hour work day, says Dr Steven Lamm, author of No Guts, No Glory: Gut Solution. But, if it's corset-tight - you feel like you can't breathe it can increase abdominal pressure, which can cause acid reflux. Lovely. If that happens, buy the next size up and wait a week before shimmying into shapewear again.

Here's what you had to say about these hot topics:

How would you react if you caught your partner putting on some of your concealer?

Pause and casually there, honey?'

ask: "Er, what are you doing

34% Laugh and say, "Are you  $wearing\ my$ make-up!?

Say nothing – he might feel self-conscious about a zit or bags.

Buy him some man-concealer and popit in his cupboard.

You're married, but not on the Pill and you don't want to have children yet. Do you:



31%

Have unprotected sex straight after your period and use the "pull-out" method 17%

 $Use\,condoms$ **52**%

Do you ever "borrow" your man's razor to quickly shave your underarms? 64% 36% No, I would never



## A delicious shake to keep you slim





Prebiotics

Protein

Vitamins

Minerals

Tasty

Herbex Slimmers Shakes\* are delicious and nutritious. Use daily as part of your healthy, balanced eating plan.

\*Available in vanilla, strawberry and chocolate.







Western Herbal Medicine. Use according to the principles of this discipline. FOR BEST RESULTS, USE HERBEX DAILY FOR AT LEAST 3 MONTHS. To achieve and maintain your goal weight you must adjust your lifestyle. A kilojoule-controlled diet and a healthy exercise programme are essential.







## BUSTING THE BREAKFAST MYTH

Eating first thing in the morning helps you slim down... right? Well, a new study in the American Journal of Clinical Nutrition found no difference in how much dieters lost whether they ate or skipped the a.m. meal. Dropping kilos is about burning more kilojoules than you consume, no matter when you eat them, says study author Dr Emily Dhurandhar. If you can't finish your commute without feeling famished, have that egg before you leave; if your tum doesn't rumble until noon, go ahead and skip it.

#### THIS JUST IN

#### A Different Way To Wash

The newest route to healthier, more vibrantlooking hair is a cleansing conditioner – or "co-wash" – that imparts a clean feel without stripping moisture. "Ît's like a conditioner with cleansing benefits, not a shampoo with added conditioning," says cosmetic chemist Ron Robinson. Translation: it will hydrate better than old-school two-in-ones. And, since cowashes lack the dye-stripping sulphates found in many shampoos, they help prolong colour too. Try Pantene Classic Clean Conditioner (R43 for 200ml).



**PERCENTAGE OF** NAIL SALONS THAT SAY THEIR MOST POPULAR PEDICURE **SCENTS HAVE** PEACEFUL NOTES, LIKE LAVENDER OR CHAMOMILE. MAKE YOUR AT-HOME PEDI A TRANQUIL ONE, WITH CHARLOTTE RHYS BODY BUTTER IN LAVENDER (R106 FOR 300G)

Source: Nails Magazine

### **BLACK MAGIC**

Come to the dark side. Skincare items with black minerals. like charcoal, draw dirt and oil to the surface, then gently wash them away. "They're ideal for sensitive, acne-prone skin, which can be irritated by harsh chemicals or scrubs," says WH beauty ed Helen Clemson. Try Lush Dark Angels (R125 for 100g), which is laced with charcoal and rhassoul mud. It's antimicrobial and cleanses skin deeply.





base and secure with another elastic.

TOP: ISTOCKPHOTO.COM; MARK CAMERON



## STYLE/scoop!



GET SHORTY

Do they ride up or slide down? Are they sagging or bunching? It could be that you're just wearing the wrong pair for your favourite sport. We pick the best for you:

#### 1/ CrossFit training

Intense WOD equals sweat. These breathable shorts feature PlayDry tech that'll help you stay dry. Highlight: the antimicrobial fabric for odour control.

Printed shorts R800, Reebok

#### 2/ Gym session

LJ Excel classic fabric is shrink- and fade-resistant and perfect for your everyday gym sesh. These are stretchy enough not to rip mid-lunge and the flat-lock seams add extra comfort.

Maeve short tight R899, Lorna Jane

#### 3/ Yoga class

Chafe-resistant flat seams and a light fabric waistband mean these won't dig into your skin, disrupting your Zen during downward dog. The form-fitting fabric is great for movement too.

Printed strength shorts R500, Oakley

#### 4/ Marathon

Wet clothing is a leading cause of chafing. Wick sweat away and get your PB without fretting about the burn.

Graphic Accelerate shorts R370. New Balance

#### 5/ Dance class

Searching for something comfortable and easy to move in for your hip-hop or 7umba class? Look cool and casual in these.

Track shorts R370, Erke

#### 6/ Park run

You can weave your way around any park with these soft, featherweight (and cute) skorts.

Skort R699, Adidas

#### KICKINGAND SCREAMING

It's time to show your tootsies some TLC. One of the biggest ouch inducers: high heels. If you can't give yours up, keep the heel to seven centimetres or less - 54 percent of women surveyed were comfortable in shoes under that height. If you're still struggling, try kitten heels or wedges, but if you experience discomfort, see a podiatrist asap.

Source: American Podiatric Medical Association



THIS JUST IN Trend Alert

Good news for fashion lovers and gym bunnies alike: we've entered the age of athleisure, which lets you go from a major workout session straight to the streets in versatile, high-performance pieces. Shop the look with Adidas' new range. Under the creative direction of UK designer Stella McCartney, it combines sport and style with bold branding, explosive colours and fresh prints, redefining sportswear as we know it. Shoes featured: R1 099.

PERCENTAGE OF WHIREADERS WHO WEAR THEIR JEANS ONCE BEFORE WASHING THEM. UNLESS YOU'VE KILLED THE IMPI IN YOUR BLUES, IT'S RECOMMENDED THAT YOU WEAR JEANS THREE TO FIVE TIMES BEFORE THROWING THEM INTO THE WASH. OVERWASHING CAN LEAD TO STRETCHING, WHICH **CAN LEAD TO SAGGY DEMINS** 

Source: Women's Health online poll





## HEALTH



THIS JUST IN All The Shingle Ladies

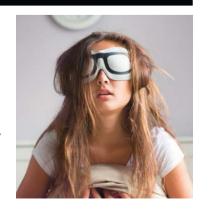
Feeling itchy, but no mozzies in sight? It could be shingles. Ninety percent of adults are at risk of getting shingles a painful skin rash caused by the virus varicella-zoster (it also causes chickenpox). If you've had the pox, the virus remains dormant in your body. Dr Milton Raff, director of the Christian Barnard Memorial Hospital Pain Clinic, says: "Not only does the patient suffer severe pain, they often struggle to perform everyday tasks." The good news: a shinglesspecific vaccine has recently been developed. Talk to your doc about it.

SHORT ANSWER

A local supplement that supports eye, brain and heart health and reduces inflammation. Just two capsules equal five portions of fruit and veg. Bonus: you meet your quota Source: Functional Foods Research Unit at the Cape Peninsula University of Technology

#### **Losing Sight Of Sleep**

Lack of Zs has been linked to the development of glaucoma, the leading cause of blindness, reports the journal Ophthalmology. Why the odd connection? The lack of oxygen associated with sleep apnoea, a condition that causes you to stop breathing for short periods during the night, may damage blood vessels, including those to the optic nerve. If you have any signs of sleep apnoea (gasping for air during the night, loud snoring) get your eyes checked once a year by an ophthalmologist.





## A HEALTHY SKIN FOR LIFE



Being happy in your skin, that's what it's all about - recommended by Dermatologists\*





You can have the baby and keep the body!

FEWER MINUTES OF PHYSICAL ACTIVITY RACKED UP PER DAY BY MOMS WITH KIDS UNDER AGE SIX, COMPARED WITH CHILDLESS WOMEN. LOOK FOR A GYM WITH CHILD CARE IF YOU NEED HELP **GETTING IN YOUR** WORKOUT

Source: American Journal of Preventive Medicine

#### THIS JUST IN

**Kick Butts** To help yourself quit smoking, try walking, cycling or jogging. In a study published in the journal Addiction, researchers combined the data from 19 previous clinical trials and found that a bout of exercise generally helped soon-to-bequitters reduce their nicotine cravings. Physical activity may serve as a distraction and also boost mood. removing the stressdriven urge to reach for a puff. Heartpumping aerobic movement seemed to work best. But. if you're stuck in your office chair and you're

craving a smoke, a quick isometric move such as extending your legs and engaging your quad muscles may help.

## HOPSCOTCH JUST GOT HARDCORE!

There's a reason why the WH team is just a little (okay, totally) obsessed with functional training. Natural movements reduce your risk of injury, recruit more muscles and get amazing results. The Grid is Virgin Active's latest functional group class. You move across a painted grid, hopscotch style, where every block has you performing a different highintensity functional movement (think push-ups, box jumps and burpees). Expect to push your endurance to the limit as you race against the clock.

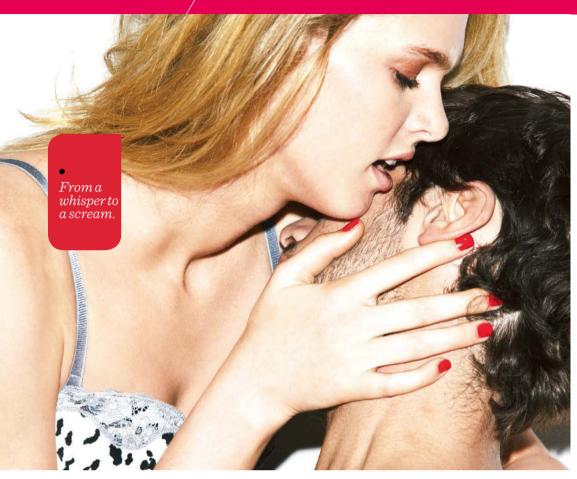
#### WHATISIT?

#### cerebrovascular reserve

\se-ree-broh-vas'-kyuh-ler ree-surv'\ n. The ability of your brain's blood vessels to work well. Though this normally decreases with age, regular exercise can help prevent damage to the arteries and veins, which deliver oxygen and nutrientrich blood to your head to keep it healthy and sharp over time.







#### Strength In Slumber

Get cosy! UK research shows that couples who sleep less than three centimetres apart have happier relationships than those who snooze with more than 75cm between them. The snuggling positions twosomes prefer:



BACK-TO-BACK





FACING THE SAME





FACING EACH OTHER



4%

## **↑ SPEAK UP**

No use pretending – your guy probably knows if your O is a sham. According to a study in the *Archives of Sexual Behaviour*, both men and women in long-term, committed relationships are spot on at sussing out how good of a time their partner is having between the sheets. Talking openly about what does (or doesn't) get you hot and bothered is key to this skill, says study author Erin Fallis. So tell him exactly which dirty deeds you like – and ask him to speak up too.

#### Rand(y) Sex

Possibly the best reason yet for pay equality between the sexes: spouses who have similar salaries report having happier relationships and hotter sex, per a recent Money poll. In fact, 90 percent of men whose wives earn more say they have a better bond, and 56 percent of husbands whose wives earn as much as they do report "hot" or "very good" sex. The stress of unequal income can spark arguments over finances, says Dr Brad Klontz, coauthor of Mind Over Money – so fewer fights can mean more sheet twisting.



# thirty-nine

THE AGE AT WHICH MEN
BECOME "SEXUALLY
INVISIBLE" TO YOUNGER
WOMEN. IN A SURVEY,
62 PERCENT OF
WOMEN ASSUMED
THAT MEN AT THIS AGE
ARE ATTACHED AND THUS
NOT WORTH HITTING ON.
OPPORTUNITY LOST!
Source: Crown
Clinic survey



### CAREER SCOOP!

### **POWER DOWN**

Nailed to your mail? Hear this: a US study reports that checking email less often slashes stress (workers cut off from their inboxes for five days suffered less anxiety than those with unlimited access). "Stepping away from email makes people multitask less, which contributes to lower stress levels," says study author Dr Gloria Mark. Since dodging email while on the clock could annoy your boss, avoid logging on when you're *not* at work – especially when on holiday.

PERCENTAGE OF JOBS LANDED THROUGH PERSONAL CONNECTIONS. THE KEY? NETWORKING - BUT NOT THE KIND YOU DO WITH A STICK-ON NAMETAG AND A FROZEN SMILE. "IF IT FEELS LIKE WORK, YOU'RE NOT DOING IT RIGHT," SAYS PORTER GALE, AUTHOR OF YOUR NETWORK IS YOUR NET WORTH. TIME TO RETHINK HOW YOU SOCIALISE
AT WORK FUNCTIONS...

Source: Forbes.com

#### **Break The Glass**

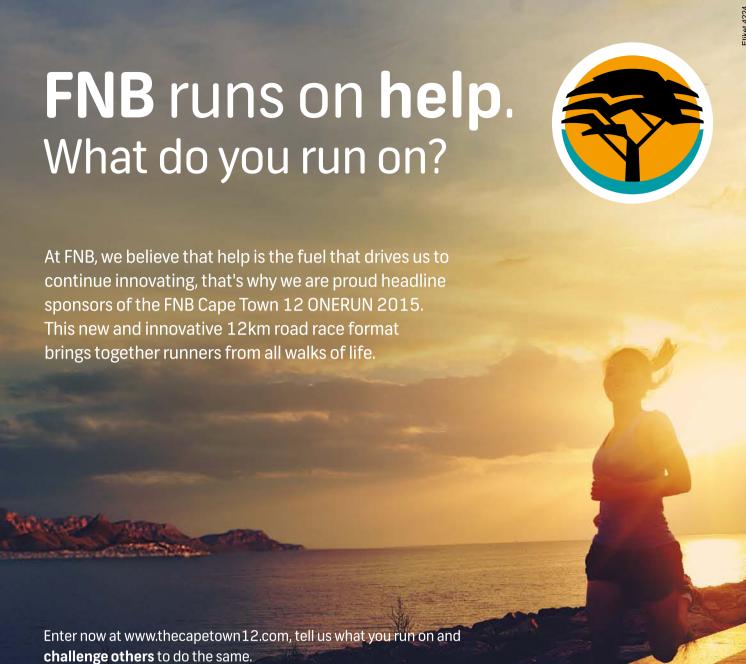
According to the 2014 Employment Equity Report, SA women in top management positions increased by a mere seven percent in 2013. What's needed are influential mentors, says Sandra Burmeister, CEO of executive search firm Amrop Landelahni. Look for higher-level respected managers, or peers who are successful in their fields.



ONE-WORD ANSWER

## emperature

The key to better work performance. Researchers at the University of Leiden in the Netherlands found that working in one's preferred temperature reduces ego depletion (reduced self-control after an exhausting task) and frees up the energy needed for mental tasks. Source: Medical News Today



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PERCENTAGE OF PEOPLE WHO CORRECTLY GUESSED THE NUMBER OF KILOJOULES IN A TEASPOON OF SUGAR. ALMOST 30 PERCENT THOUGHT IT HAD 420 OR MORE, BUT IT HAS ONLY 63!

Source: Harris Interactive for The Sugar Association

SHORT ANSWER

The substance that lends origanum its smell and flavour and may also protect against norovirus - a bug that can cause nasty gastrointestinal issues. While you may not be able to eat enough origanum to avoid the virus, researchers are investigating non-edible ways to use the compound to achieve the same effect. Source: Journal of Applied Microbiology

### **LIGHT SIPPIN'**

#### **LIVE A LONGER LIFE**

In addition to strengthening bones, calcium has another potential perk: a longer life. In a recent study in the Journal of Clinical Endocrinology & Metabolism, women who consumed up to 1000mg of calcium per day over 12 years cut their risk of dying during that time frame by up to 20 percent, compared with those who took in less. Don't just rely on dairy: dried beans and leafy greens are also great sources of the mineral.





31kJ

125kJ

**STELLENBRAU GOVERNOR'S RED LAGER** 

per 100ml BEST FEATURE Lowest in kJ

**WINDHOEK** LIGHT

per 100ml BEST FEATURE Lowest in alc/vol at 2.4 percent



100kJ

125kJ

AMSTEL LITE per 100ml BEST FEATURE Refreshing taste **CASTLE LITE** 

per 100ml BEST FEATURE **Great flavour** 

Beer isn't all carbs and empty kilojoules: it's also a rich source of silicon, a bonebuilding nutrient that can help ward off osteoporosis. "It's a myth that a bottle of beer has the same carbohydrate content as six slices of bread." says Somerset West-based dietician Leigh-Ann Pretorius. "Beer can be enjoyed in moderation as part of a healthy diet. It contains far less sugar and alcohol than your average cocktail.' Still wary? There are (thankfully) selected brews that are lighter in kilojoules than others, but not all are created equal. The WH team rated four in a blind tasting.



The buzz: beer builds bone.

# A drink to help you lose weigh



- Contains Garcinia
- Infused with Green Tea
- Tasty and Refreshing
- Pop, Sip and Slim!

Herbex Slim\* is a sparkling Rooibos Tea base mixed with herbs to assist with weight-loss and good health. Available at Dis-Chem and selected retailers nationwide. Keep in your bag! Best served ice cold!

\*Available in 3 refreshing flavours; Lemon, Berry & Peach





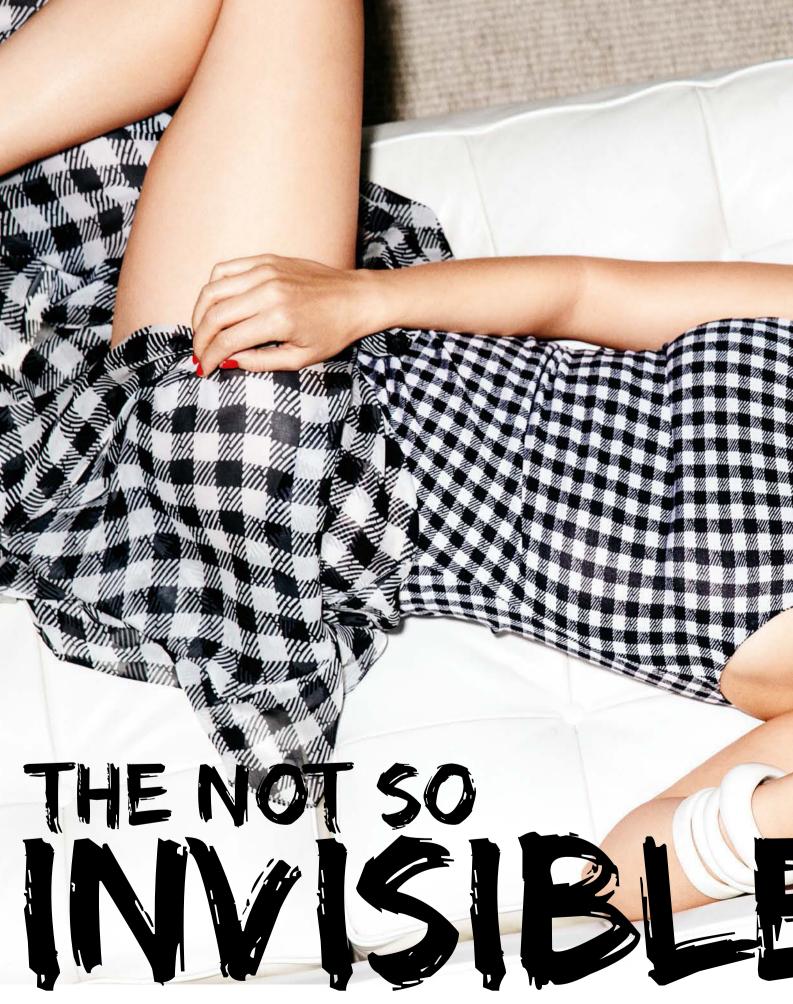


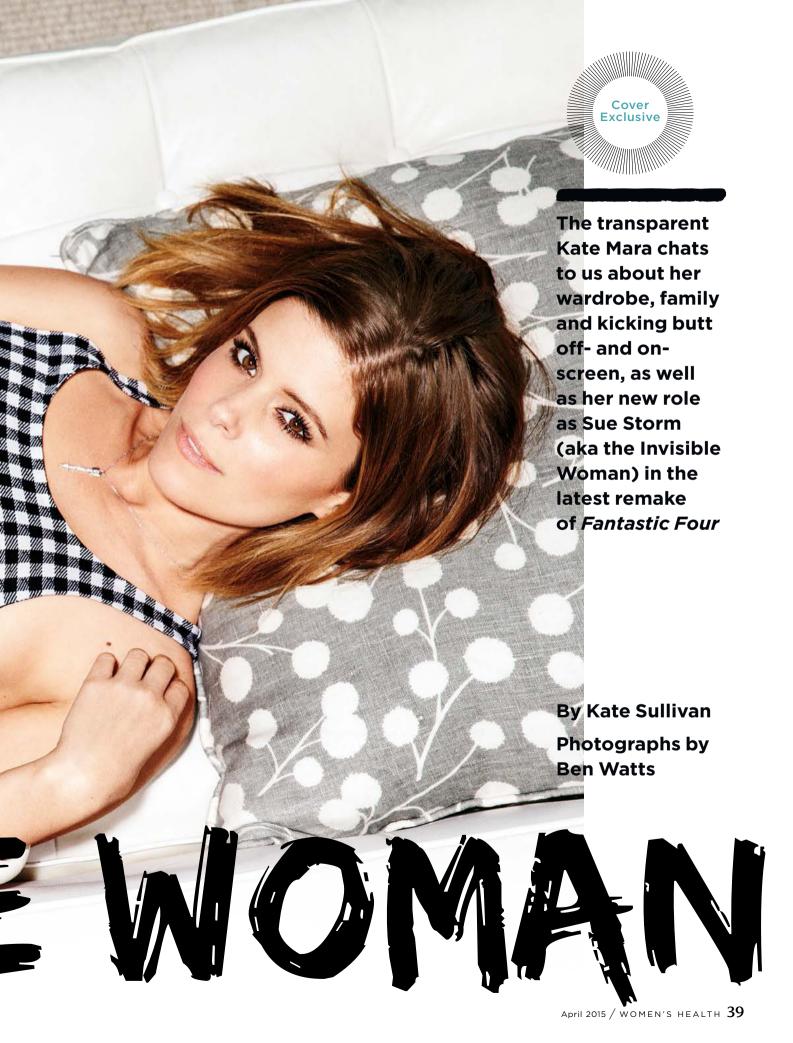
Western Herbal Medicine. Use according to the principles of this discipline. FOR BEST RESULTS, USE HERBEX DAILY FOR AT LEAST 3 MONTHS. To achieve and maintain your goal weight you must adjust your lifestyle. A kilojoule-controlled diet and a healthy exercise programme are essential.













Kate Mara cuts a strong figure - all 1.6m of her. House of Cards creator Beau Willimon has reportedly raved about her "fearlessness". Designer Gilles Mendel - whose ensembles Kate has modelled on the red carpet time and time again - has said she's a dream to dress. because "she likes to dare". That's a recent development for the actress, 32, who says she "dressed to disappear" back in high school in Bedford, New York, where she graduated a year early. In fact, Kate admits, she'd routinely pull her long auburn hair back into a ponytail because she worried that wearing it down would be "too showy".

No longer hidden in her sister Rooney's shadow. Kate is basking in the limelight, with three new films coming out later this year. She's changed her look too, dramatically chopping off her locks into a lob and, as for clothes, she says: "I used to shop thinking, Oh, that's cute, this is cute, but I've realised that what you wear is an expression of who you are. I started making a conscious effort to wear what makes me feel like myself."

#### **BIG-SCREEN BADASS**

Ever since her character was unceremoniously shoved in front of a train in the season-two premiere of House of Cards, Kate's been seemingly MIA. But the truth is, she's been kept superbusy behind the scenes. So, from here on out, be prepared for a movie Mara-thon. First up is Fantastic Four, due to be released in August - she acts alongside Miles Teller (Mr Fantastic), Jamie Bell (The Thing) and Michael B Jordan (The Human Torch). Then, in October, comes the gritty indie Man Down, where she plays the wife of an Afghanistan-war vet played by Shia LaBeouf and, in November, the Ridley Scott-directed The Martian – alongside Matt Damon and Jessica Chastain.

Towards the end of last year, rumour had it that Kate and her Man Down co-star were caught canoodling in Disneyland -Shate? Khia? LaMara? The truth about those photos: they were on the job. Charlie Shotwell, the young actor who plays their son in the movie, had been cropped out of most of them. So, Disney was kind of a faux-family trip? "Real family bonding," Kate corrects. "Any days off, I spent with [Charlie]. I've never bonded with anyone so much." In fact, Kate's a family

I have to work out at least five times a week for my mental state. If I didn't work out, I wouldn't be happy 47

woman at heart. "I joke about having only a few friends, but that's because my closest friends are family members," she says. "I'm one of four kids... I talked to one of my cousins at 6am this morning."

#### HAPPY & HEALTHY

The few non-Mara pals who make Kate's inner circle have made a big impact. Fellow actress Jenna Dewan Tatum - who, Kate notes, "has a hot little bod" - turned her on to nutritionist Kimberly Snyder's The Beauty Detox Solution, leading her to eliminate both gluten and animal products. "I'd been a vegetarian years before, for animal-rights reasons, but after [reading] Kimberly's book, it really clicked for me," she says.

Kate also loves working out with friends, but she hardly needs someone to drag her out of bed: she's a maniac about exercise. Before our 9am interview she'd already run a 10-kay and, afterward, was headed to a Bar Method class. "It takes a lot to make me sweat," she says. "I can't just take a regular yoga class; it has to be hot yoga - kicking ass, more cardio, music," she says. "I have to work out at least five times a week for my mental state. If I didn't work out, I wouldn't be happy." Doesn't hurt her abs either - just check out our cover. To keep things interesting, she rotates running, Bar Method, yoga and boxing with her trainer.

Besides her fitness, career choices and style, Kate swears that she prefers to live under the radar. "I don't do much," says the Los Angeles resident. "I go to the movies, walk my dogs and work out. That, to me, is the best day ever."

### **Rockin' The Red Carpet**

One reason Kate's become a designer darling? She's not the least bit afraid to get daring. Here are some of her sartorial standouts



Want Kate's Lob? Yay news: it works for all hair types, says hairstylist Mara Roszak, who gave Kate her cut. Tell your stylist to "keep it looking one length," says Roszak. Blunt ends will make fine hair appear fuller; thicker locks can get (hidden) layers. "Wear it straight for some edge; wavy for a feminine touch." Viva la lob!

The product most recommended by doctors for scars & stretch marks.

Insos, 2014



"I was first introduced to Bio-Oil after I cut my leg while hiking. A friend recommended using Bio-Oil as soon as the wound had healed and I am so grateful for her advice! Thanks to Bio-Oil, the scar is now just a faint line which I rarely think about. Then, 3 or 4 weeks back, I decided to try it on my face - I've been an outdoors person all my life and have more than my share of dry, tired-looking skin. Well, my skin feels much smoother and looks positively radiant! Needless to say, Bio-Oil now has a permanent place in my medicine cabinet!" Fiona Stewart



#### **Beauty Lab**

Got five minutes to spare? Then you have enough time to treat your skin properly, says Dr Natela Rekhviashvili, co-founder of Joburg-based aesthetic centre, Radiance For You. And, on those mornings when an extra few minutes of sleep sounds like the better pay-off, hear this: a soldier doesn't go to the battlefield without armour and neither should your skin, says Felicia Steyn, global brand experience and training manager for Environ.

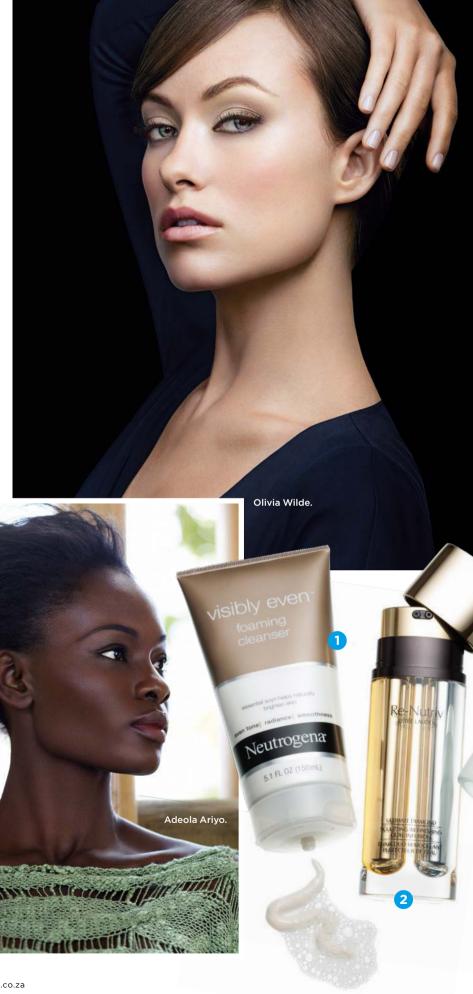
"Morning and night routines are equally important," says Rekhviashvili. Morning skincare is especially crucial considering our dry climate – cleansing and moisturising keeps skin hydrated and healthy, guarding it against the environment. Then, after removing make-up and cleansing your skin before you hit the pillow, applying a treatment serum and night cream should clock less than a minute.

Feeling inspired? Here are the stars' secrets to skincare on the run.

#### They protect

It's simple: by never skipping sunscreen, actress Lupita Nyong'o, brand ambassadress for Lancôme, is able to keep the rest of her skincare routine to a minimum. "I stubbornly believed that the sun couldn't harm me - until I got burnt!" she says. "Because black skin is dark, it's harder to detect a problem. That's why it's so important to protect our skin. We aren't able to see the signs soon enough."

But before she sweeps on sunscreen, Nyong'o treats with three easy steps. "I wash my face morning and evening. If my skin is feeling greasy, I'll use a foamy cleanser, but if it's drier, I'll go with a creamier formula." Her post-cleansing picks? Lancôme's Génifique Youth Activating Concentrate (R780 for 30ml) and (5) Visionnaire Cx Advanced Skin Corrector (R860 for 30ml), which can be layered over a serum.





Her go-to? (5) Elizabeth Arden's Skin Illuminating Smoothing Cleanser (R295) - it lathers nicely and creates a "mask". She then hops into the shower and

Actress Kerry Washington, creative consultant for Neutrogena, follows this skincare law: "My rule is not to go to bed with make-up on," she says. What happens under all that face paint if you don't wipe it off? Dirt and make-up block your pores, says Rekhviashvili.

For the morning after the night before, reach for a brightening cleanser with ingredients like soy and vitamin C that boost radiance and remove dead skin cells. Find both in (1) Neutrogena Visibly Even Foaming Cleanser (R90).

If it ain't broke, don't fix it. If a product, adding other formulas difference to my skin," she says. spokesmodel learnt this from

lets the steam work its magic.

Hello, blackheads and pimples!

They stay loyal

your skin is responding well to to the mix just wastes time. Investigating what turns your skin around fast and sticking to it, is supermodel and actress Stephanie Seymour's mantra: "Serums have made a huge The 46-year-old Estée Lauder

her mom. "[She] taught me how to layer them. One for firming, one for brightening, one for hydration - they enter your skin immediately. Then add a cream at the end."

Time-strapped? A cocktail serum turns this routine into just one step. Try <mark>(2) Estée</mark> Lauder Re-Nutriv Ultimate Diamond Sculpting/Refinishing Dual Infusion (R4 000). It's a multi-purpose energy mix that helps reactivate your face's skin cells, so skin firms up, smoothes out and looks more radiant.

#### They sleep

"Lack of sleep is equivalent to other stressors - and affects your skin," says dermatologist Dr Dagmar Whitaker. Too little shut-eye could equal breakouts thanks to stress hormones creating an imbalance in your skin, she explains. Model Liya Kebede, brand ambassador for L'Oréal Paris, says sleep is one of her best allies. "I've noticed the effects of not having enough sleep first-hand," she explains.

If eight hours isn't in your schedule, swap your regular day cream for an SPF brightening option. Try (7) L'Oréal Paris Revitalift Laser Renew Anti-Dark Spots Daily Care SPF 25 (R230) - it helps to boost skin clarity and lessens the look of dark spots by stimulating surface-skin cell renewal.

#### They invest in stress-free skin

How does constant stress damage your skin? "Stress chemicals build up over time," says Whitaker. And, long-term stress is even worse than shortterm stress, she adds. Enter flare-ups of eczema, dermatitis or psoriasis.

The celebs choose "happy exercise" to help them look good. "Pilates is the one thing that makes me happy," says Revlon's global brand ambassador, Emma Stone. She's also trying out yoga and meditation. Want the look without the work? Try (3) Revlon Hydra Boost Intense Moisture Multiplier Complex (R175), a calming hydrator for worn-out skin.

Trick And Treat Fab tips for a flawless face

#### Cleansing

Massaging in a hydrating cleanser is a quick nighttime cleaning solution, especially when you're dog-tired. Dr Natela Rekhviashvili recommends oil and milk cleansers. They're effective at removing dirt and don't leave skin feeling dry - a plus if you don't feel like applying moisturiser, she says.

#### Moisturising

Feeling less than fresh in the morning? Smooth on a blurring cream that helps even out a blotchy, tired complexion and diffuses the look of fine lines and wrinkles. This means less time covering red patches with layers of concealer and foundation. Try L'Oréal Paris Revitalift Magic Blur Finishing Cream (R200).

#### **Treating**

If you've invested in the latest anti-ageing cream, serum, facial oil and skin booster. Felicia Steyn advises you create your own treatment mix that can be used in one application. Look for a cocktail of timeeffective products like active serums and moisturisers that can be mixed in the palm of your hand and massaged into the skin all at once, she says.

uses cleanser when the clock is

ticking. "When I know I don't

have time to properly remove

deep-cleansing formula. This way

I know my skin is still getting

cleansed all the way through."

my make-up, I use a creamy

Defying CC Cream (R199),

Bonus: using a tinted

treatment product isn't only

timesaving, but cuts down the

need for make-up too. "I barely

wear foundation," says Wilde.

They keep it clean

Make-up makes as much of

a difference when it stays on too

long as it does when it's freshly

applied. Don't punish your skin

by leaving your make-up on

after a night out, says Steyn.

No time to remove and

cleanse? Adeola Ariyo, model

and brand ambassador for

Elizabeth Arden Africa, only

laced with SPF 30. "It has this

nice, luminous quality," she says.









#### Capture the essence of resilient, slick city style with Cat's new range of footwear

to market meandering and then a night on the town – Cat's new range of footwear will take you from street-savvy to street-sexy. Made from long-lasting, high-quality materials, these boots and mid-top sneakers are as versatile - pair them with a bohemian white dress or faded skinny denims - as they are comfy. So put on those suede shoes!

catfootwear.com #EARTHMOVERS





# **An Autumn Affair**

As the season changes and leaves begin to fall, we rustle up the warmest scents to spritz

Bu Helen Clemson

For most of us sun-worshippers, a drop in temperature equals a melancholy mood. But who wants to enter a new season feeling depro?

If you're suffering from endof-summer blues, spraying on a different fragrance could actually be a, er, sensible solution. "Fragrances can definitely alter your mood," says Karen Simpson, MD of Aromalogo, an aroma sensory branding and design agency. "Our sense of smell is a powerful part of how we feel about ourselves and those around us."

As you breathe, your sense of smell unconsciously assesses whether you're safe, happy, comfortable and physically attracted to someone, she says.

Some perfumes have been created for a change in temperature. Aerin Lauder, founder and creative director of Aerin Beauty, used cold weather as her inspiration for Amber Musk (R1 495 for 50ml EDP, available at select Stuttafords stores), part of the Aerin fragrance collection. She wanted to add a sense of comfort to the fragrance. "Amber Musk is a warm, inviting scent you want to wrap yourself in – like a soft, cosy blanket on a cold, snowy night," she says. Ready to ditch the tired notion of wearing one fragrance all year round? Here's how to hit the mark with a seasonal scent.

Citrus smells are well-known as being happy scents. "They uplift you and offer a sense of possibility," says Simpson. "They shout 'Yes!' Seek out Italian lemon tree and orange flower to get your dose. > Find it in... (1) Bylgari Le Gemme Maravilla (R3715 for 100ml EDP, available at Edgars Sandton City) is dosed with peach, Indonesian patchouli essence and mood-boosting citrus. The juice was inspired by citrine (thought to be a gift from the sun), a gemstone known to distill good vibrations, claim legendary jewellers Bylgari.

The stone is also said to chase away

anxiety and depression. Add a touch

of tarragon, mint, basil and clary sage to the mix and you have a herbaceous,

citrusy scent for men and women.

(2) Tom Ford Mandarino Di Amalfi

(R2 065 for 50ml EDP, available at

select Edgars and Stuttafords stores).

Find all these aromatic herbs in



"Autumn fragrances are more serious," says Simpson. Transitioning from summer heat means keeping your cooler-weather fragrance warm and gentle, she says. Enter spice: not exactly casual, but extremely balmy and comforting. Good choices to heat things up? Pink pepper and cardamom - surprisingly, they're calming too: these particular spices help settle your stomach and ease digestion. Spray them on before you tuck into a heavy meal.

#### > Find it in...

(5) Gucci Guilty Diamond Pour Femme Limited Edition (R1 220 for 75ml EDP). An Oriental floral, this EDP's spicy notes are lightened thanks to Italian lemon, mandarin and crushed green leaves. You'll get a waft of lilac in the heart of the scent with patchouli as the base note. Patchouli can be super-sophisticated and gives a sexy earthiness, according to perfumer Sarah Horowitz-Thran, founder of Sarah Horowitz Parfums. Find patchouli (together with rose water essence and orange blossom flower) in the heart note of (6) Clinique's Aromatics in White (R1 135 for 100ml EDP). The top note contains Szechuan pepper (also known as Chinese coriander), which is what gives this fragrance

Rose fragrances have a bad rep for being old-fashioned. But don't let that stop you: this floral is a base note that holds easily on your skin, using body heat to become part of your own chemistry, says Simpson. And it has longevity: it releases its fragrance as the day progresses.

Modern rose-infused perfumes are packed with unexpected, masculine twists. Take the Aerin Beauty Evening Rose (R1 495 for 50ml EDP, available at select Stuttafords stores): "The pairing of rose and cognac is intriguing and unexpected," says Lauder.

If masculine-like scents aren't your thing, hunt for a rosy option dosed with fresh top notes like the spicy, lemony scent of cardamom and the freshness of raspberry.

#### > Find it in...

6

Azzaro Pour Elle (R745 for 75ml EDT). While zingy top notes make this scent easy to wear, the heart note of rose is updated with warmth, thanks to the richness of incense and tolu balm (a resin from South America). ■

# Bloom

> When formulated into an EDT, white floral notes are soft and easy to wear – the perfect relaxed weekend accessory. Try Dolce & Gabbana **Dolce Floral Drops** (R1 030 for 50ml EDT). It's a fresh floral infused with white amaryllis. white daffodil and white water lily. > Even though violets are typically summery, when combined with fruity notes like litchi, raspberry and peach, they're uplifting for the summer-autumn shift. Try (7)

Crabtree & Evelyn **Venetian Violet** Flower Water (R850 for 100ml).

For stockists. go to page 142 GUCCI GUILTY



Cleansing Face Oil, R79.95, lipidol.com



By Mari Groenewald Photographs by Justin Polkey





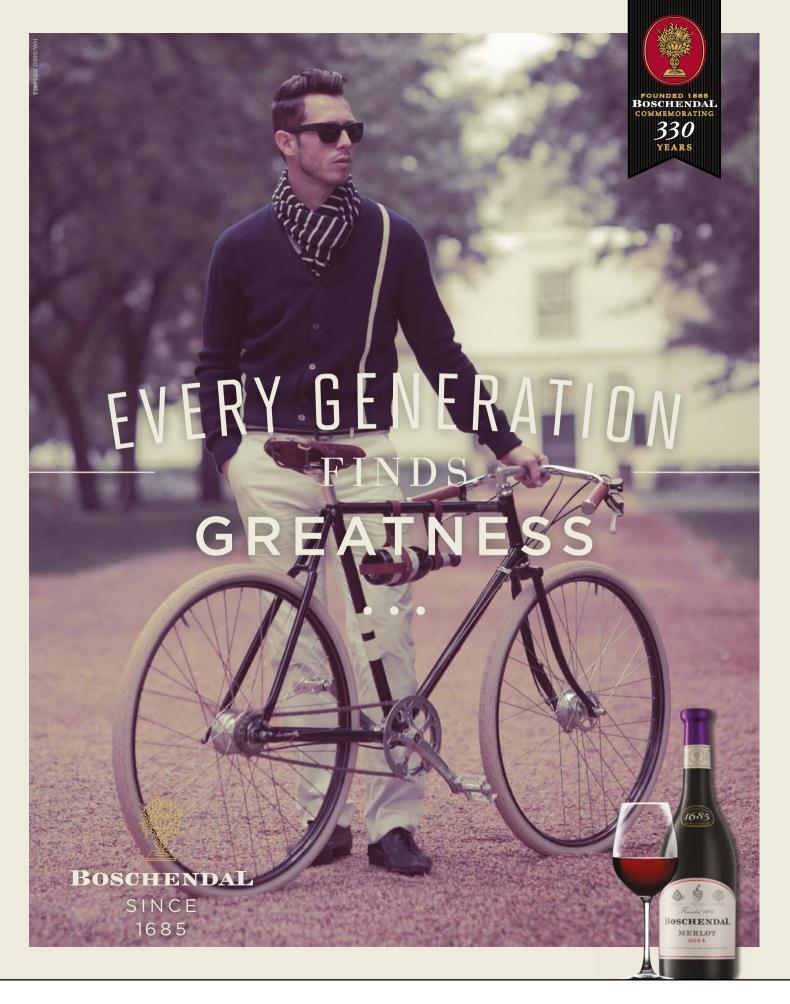












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This month we've gathered the best advice from our featured celebs - and we want to share

**Celeb Secrets** 

celebs – and we want to share it with you. Follow us on Twitter

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#WHCelebSpecial for top tips from local sportswoman Tanika Hoffman, international stars Emma Stone and Lupita Nyong'o – and more!

WH ONLINE DAILY









eatsmart



Food Network's **Giada De Laurentiis**, host of *Everyday Italian* and *Giada at Home*, shares her favourite feel-good recipes

"When I was younger, I relied on chocolate and sugar to give me boosts throughout the day. Sure, I had some dips in my energy levels, but I didn't see a huge downside. Then I started eating more vegetables, protein and whole grains and a lot less sweet stuff. Replacing foods that are high in refined sugar and refined complex carbohydrates – like white bread - with foods that have less sugar and more fibre has made a huge difference. I can honestly say that, in my forties, I am healthier than I was in my twenties and thirties. I sleep better. I'm happier. I still love chocolate - that will never change! - but, now. I eat it in moderation. These recipes will let you enjoy life more because of the way they make you feel!"



Giada's Feel Good Food: My Healthy

### Kale-and-Mushroom Wrap

"Cranberries add just the right touch of sweetness to this easy vegetarian wrap. I like to serve it when the kale and mushrooms are still warm enough to melt the goat's cheese slightly. It's also great as a fast pack-and-go lunch," suggests Giada.



3 tbsp extra-virgin olive oil

1 large or 2 small shallots, thinly sliced

1 medium leek (white and pale-green parts only), rinsed and thinly sliced

225g mushrooms (about 4 cups), such as cremini, button, or stemmed shiitake

1/2 tsp kosher salt

1/2 tsp freshly ground black pepper

1 bunch (about 225g) kale, stemmed and coarsely chopped

1/4 cup vegetable stock 1/3 cup dried cranberries

60g goat's cheese, crumbled

4 wholewheat wraps

1/ In a large pan, heat oil over medium-high heat. Add shallot, leek, mushrooms, salt and pepper. Cook, stirring frequently, until vegetables are soft (about eight minutes).

2/ Add kale and cook until wilted (about eight minutes). Add stock and cranberries. Bring to a boil and scrape any brown bits from the bottom of the pan.

3/ Remove pan from heat and stir in goat's cheese. Divide filling among wraps. Fold like a burrito and cut in half. Serve hot.

SERVES 4. Per serving: 1638kJ, 20g fat (6g sat), 51g carbs, 3g sugar, 535mg sodium, 17g fibre, 18g protein



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### Chicken, Mushroom and Spinach Pasta

"If you love pasta, follow my lead and eat it for lunch, when you still have all afternoon to burn the kilojoules. This hearty dish is easy to make the night before, which allows the flavours extra time to deepen and leftovers make for a perfect desk lunch the next day," advises Giada.



3 tbsp extra-virgin olive oil

1 large or 2 small shallots, sliced

450g cremini or brown mushrooms, sliced

1/4 cup dry white wine

2 tsp chopped fresh thyme

1½ tsp kosher salt 3/4 tsp freshly ground

black pepper

11/4 cups low-sodium chicken stock

340g Swiss chard, centre stems removed, leaves chopped into 2.5cm pieces

1/3 cup mascarpone cheese, at room temperature

450g farfalle (bow-tie) pasta

2 cups diced, cooked. skinless chicken breast

1/ In a large sauté pan, heat oil over mediumhigh heat. Add shallots and mushrooms and cook until tender (10 to 12 minutes). Add wine, thyme, half a teaspoon salt and a quarter teaspoon pepper. Simmer until wine has mostly evaporated (about three minutes).

2/ Add stock and bring to a simmer. In batches, add chard and cook until wilted (about seven minutes). Season with remaining salt and pepper. Remove pan from heat and stir in mascarpone.

3/ Cook pasta according to packet instructions.

4/ Combine pasta, sauce and chicken and toss

SERVES 6. Per serving: 2152kJ, 16g fat (5g sat), 64g carbs, 6g sugar, 460mg sodium, 4g fibre, 30g protein

#### From page 67

### Seafood Salad

"Seafood pasta is a very traditional Italian meal – mv recipe uses classic flavours to make a lighter dish with carrots, cauliflower and green beans. I also like to dress up a platter with a ring of cooked beetroot wedges to add some colour," says Giada.

#### DRESSING

3 tbsp white-wine vinegar

1 large clove garlic, minced

2 tsp fresh rosemary, minced

Zest of 1/2 a large lemon

1tsp fresh lemon juice

½ tsp kosher salt

1/2 tsp freshly ground black pepper

1/2 cup extra-virgin olive oil

#### VEGETABLES

1 tbsp kosher salt

3 carrots, peeled and sliced diagonally into 1cm-thick ovals

225g green beans, trimmed and halved crosswise

900g cauliflower, cut into florets

#### SEAFOOD

1/2 cup dry white wine

340g skinless cod (or hake) fillets, cut into 4cm cubes

340g king prawns, peeled and deveined

340g clams, scrubbed Lemon wedges, for garnishing

1/Whisk together all the dressing ingredients; set aside.

2/ Fill a large pot with about five centimetres of water. Bring water to a boil and add salt. Add vegetables. Cook until crisptender (five minutes). Transfer vegetables to a bowl to cool. Reserve water in the pot.

3/ Add wine to vegetable cooking liquid. Adjust heat so the liquid is barely simmering. Add fish and simmer until cooked through (five minutes). Remove fish and set aside. Add prawns and clams to the pot. Cover and cook until clams have opened and prawns are opaque in the centre (five minutes). Discard any unopened clams. Drain prawns and clams.

4/ Arrange carrots, green beans and cauliflower on a large platter. Place prawns, clams and fish on top and drizzle with the dressing. Serve with lemon wedges scattered on platter.

SERVES 6. Per serving: 1262kJ, 20g fat (3g sat), 9g carbs, 4g sugar, 256mg sodium, 3g fibre, 22g protein



Quorn products are high in protein, low in fat and have zero cholesterol. They're also meat- and soy-free and can easily be stored in your freezer for convenience and last-minute dinner plans – tasting is believing!

Visit www.quorn.co.za for more information and recipes.



# Not A Bad Seed Here

Nothing against nuts, but they're not the only crunch- and flavour-adding game in the kitchen. Seeds are pint-size powerhouses that boast nutrients, good fats and a hefty dose of fibre

By Rachel Meltzer Warren

**Pumpkin** 

These seeds, which have a slightly grassy zing, are loaded with the mineral manganese - which promotes bone health - as well as muscle-building protein. They also contain compounds that may help regulate blood sugar, according to a recent UK study.

TRY IT Sprinkle them in your salads, soups, smoothies and muesli or add them to your muffin mix.

# $rac{ ext{A LONG}}{ ext{LIFE}}$

The good-for-you fats in seeds can turn rancid in response to heat and deteriorate over time. To keep them fresh, store in an airtight container in the freezer. And take a whiff before using: if anything smells musty or just off - even if they haven't reached the "best before" date - toss 'em.

## Chia

Made famous by the Chia Pet (which, yes, you can still buy!), these seeds have sprouted to VIP nutritional status. They're a great source of filling fibre, the bone-strengthening minerals phosphorus and calcium and alphalinolenic acids, which your body converts to heart-healthy omega-3 fatty acids. They swell up in water, taking on a tapioca-like consistency. But the mellow-tasting seeds are most loved dry for the way they pop when you bite down on them.

TRY IT Make a jam by simmering 280g frozen berries with two tablespoons chia seeds for 10 minutes.

THERE'S NO NUTRITIONAL DIFFERENCE BETWEEN **BLACK AND WHITE** CHIA SEEDS.





Whether it's chocolate, chips, cheese or marshmallow eggs, we all have that one food we just can't resist. And, if your cravings transform you into something resembling a frenzied pigeon after discarded crusts, you're not alone. But science has some insights into the selfcontrol conundrum that might surprise you.

Back in the Sixties, Professor Walter Mischel took a group of five-year-olds and gave them a choice between eating one marshmallow immediately, or waiting up to 20 minutes to have two. This landmark study became known as the marshmallow test – the big mama of will power science. It revealed that some children had more self-control than others. But here's the kicker: those who waited the longest went on to get better marks at school, were happier and healthier later in life, coped better with stress and were slimmer. Interesting, right? Especially considering that you're still thinking about chips, cheese and marshmallow eggs.

But don't despair – if you're a can't-wait-for-later kinda gal, it doesn't have to be your destiny. Turns out, you're more hard-wired for self-control than you think – and science can prove it.

### Evolution's on your side

The mere fact that you're descended from the savvy apes who decided to walk upright and use tools, means that you're already primed for success. US studies in evolutionary anthropology have found a correlation between absolute brain size and self-control. Across a variety of primate species, including humans, those with bigger brains had developed better self-control. Since humans are pretty gifted in the brain-size department, we naturally have a pronounced capacity for self-control. It sits in the prefrontal cortex - just behind your forehead.

### SCIENCE LESSON

**LEARN TO USE IT "A healthy** person has self-control without any biological limitations," says WH weight-loss expert and dietician Elienne Horwitz. "If your family eats chocolate in front of the TV every day it may become a habit, but these circumstances can be overridden." It all comes down to motivation. Buy a dress you want to fit into for an upcoming function or enter a race that

you have to be in shape for. By setting motivational cues or changing up your routine you can stay motivated for longer.

### It's in your blood

So the prefrontal cortex controls things like decisionmaking and regulating your behaviour, but part of this involves other physiological factors - like blood glucose. Studies published in the Journal of Personality and Social Psychology showed that bloodglucose levels dropped after test subjects engaged in activities requiring self-control. And the lower energy levels made it difficult to practise self-control in subsequent activities. The gist of it: self-control uses energy. That's why, on some days, our resolve is strong like lion and on others, it snaps like Simba chips. Even a small blood-sugar dip, which occurs after you've skipped a meal, can impair the areas that oversee planning and self-restraint.

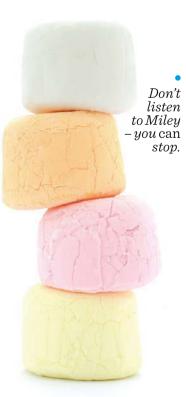
### SCIENCE LESSON

**FEED YOUR RESOLVE This** is the reason why you start craving the wrong types of food and struggle to make

the right choices when you're hungry, say dieticians Lauren Du Toit and Laura Truter from the Durbanville Natural Health Centre. "Decreased bloodglucose levels lead to irritability and impaired concentration, which will also affect the decisions you make," explains Du Toit. So, it's important to stick to a healthy, balanced diet that includes carbohydrates, protein and fat. They suggest keeping "emergency" snacks in your handbag or desk to stave off blood-sugar dips. Try 30g unsalted nuts and seeds, 100g yoghurt or a fist-size low-GI fruit, such as an apple.

### Lead yourself not into temptation

It's harder to avoid a slice of chocolate cake before bed when it's sitting in your fridge, so you need to create an environment that helps you along. A study by Professor Brian Wansink showed how what you're exposed to influences your self-control. He gave a group of office workers clear containers filled with around 30 pieces of chocolate, while a second group got the same amount of chocolate in opaque



containers. Participants were not allowed to share their chocolates with anyone. At the end of the study, those with clear containers ate double the amount of chocolate eaten by participants with opaque dishes.

#### SCIENCE LESSON

TRICK YOURSELF You probably rely more on environmental triggers than you imagine. "We eat with our eyes," explains Wansink. "Having food in plain sight tempts people to eat every time they look at it." So, as much as you need to control yourself, it's equally important to control your environment. Get your mind off that slab with a quick diversion like checking your email, looking at photos, or flipping through a magazine - like this one!

### De-stress for success

Nothing weakens or zaps your resolve like stress. When you're under stress, the fight-or-flight response floods the body with energy to act instinctively and siphons it from the areas of the brain needed for wise decisionmaking. Neuroscientist Matthew Botvinick explains that, more than a lack of fuel or energy, what plagues selfcontrol is an unpleasant state of fatigue. And what's more unpleasant than stress? It creates a tiring environment that counters your willpower.

### SCIENCE LESSON

TAKE A BREAK "When stress hits, removing yourself from the situation - even briefly - helps," says Dr Suzanne Steinbaum, author of her eponymous Heart Book. So, go for a walk. Changing your stressful environment helps change your perception and recharges your batteries. Also, get yourself hyped up. Lifting your mood with an activity that gets you excited - Woohoo! Shoe shopping! - can have a positive effect on your self-control levels.





### You need to lift

When Israeli model-turnedactress Gal Gadot was cast as Amazonian warrior princess Wonder Woman in the upcoming movie Batman vs Superman, criticism from the geek community was harsh: the former Miss Israel didn't have the curves or the muscles for the role, they said.

Asked about the size of her breasts - yes, really - Gadot responded with a snappy retort about Amazons historically having only one (you go, Gal!) but as for the rest, she's been working with Mark Twight founder of US fitness centre, Gym Jones - who turned Henry Cavill into Superman. So you better believe she's doing some pretty serious lifting.

"The women playing these roles aren't afraid of putting on muscle, because doing so doesn't result in them being 'bulky' as is so often the concern of women considering weightlifting," says James White, owner of Roark Gyms in Cape Town, and an accredited Gym Jones trainer. "Instead, it resulted in them having firmer arms, bums and stomachs without gaining size. Strength training ensures that even as you become fatigued, you're still strong enough to maintain good posture and perform the moves correctly."

### It has to be intense

High-intensity intervals are a great way to see results without spending hours in the gym. While Johansson's workouts with celeb trainer Bobby Strom reportedly last up to 90 minutes, fitness fanatic Zoe Saldana, who plays Gamora in Guardians of the Galaxy, sometimes squeezes in just 30 - but she makes them count.

Saldana's trainer, Steve Moyer, says he often combines three or four exercises in a row - say, squats, followed by a plank, followed by a cardio exercise like jumping lunges. By training this way, you can target multiple body parts in a short time. The trick is to push yourself close to your limit – you shouldn't be able to talk comfortably, but you should still be able to breathe - then rest just long enough for your heart rate to come down before you go again.

### You should mix it up

One of the worst things you can do when trying to reshape your physique is allow your body to plateau by doing the same moves over and over. Gadot's workout includes martial arts. sword fighting and she's posted pics of herself on a climbing wall. "I'm doing a 1 001 things; I'll gain body mass," she told an Israeli interviewer.

Variety is also a big part of Johansson's workout, which includes TRX-cable suspension training, weightlifting, explosive movements and cardio. "I would wrap a band around her and pull her backwards as she tried to sprint," Strom told WebMD.

Even if you don't regularly change your moves, switching up the order, or increasing your weight or number of reps are simple ways of staving off a plateau – your workout should always feel challenging; it should never be easy.

### The superhero workout

This four-day, total-body workout programme, designed by White, has all the ingredients to turn you into a hero. Master these 10 super-moves, then follow the cut-out-and-keep training programme. Plan your workout so that you have rest days in between (for example, Monday, Wednesday, Friday and Sunday). This workout is aimed at moderately fit women. Beginners should keep the weight light, reps low and time short. Aim to increase these as you become fitter and stronger.

### CAMERA! ACTION!

Avengers 2: Age of Ultron hits SA screens on 24 April; Batman vs Superman: Dawn of Justice will be out early next year.

The superhero workout



1 Air squat

Stand with legs slightly wider than hip-width apart and sit your hips back until your thighs are parallel to the floor. Return to standing. That's one rep. Variation: For the wall squat, perform the squat facing a wall, with arms out at shoulder height and head turned to the side. Your body should touch the wall.



3 Box jump

Stand facing a sturdy box or step, legs apart. Bend your knees and jump up explosively, landing softly with both feet on the box and knees bent. Jump back down, again landing softly on both feet. That's one rep.



**5 Burpee ball-slam combo**Holding a medicine ball (preferably a soft one), raise it above your head and throw it down at your feet as hard as you can (ball slam). Immediately drop down to a crouch and shoot your legs back into push-up position. Lower your body so your chest nearly touches the ground. Reverse the move to return to start (burpee). That's one rep.



#2 Lunge (forward/backward)
Stand with feet hip-width apart, toes pointing forward.
Step forward and simultaneously sink down so both legs are bent 90 degrees. Return to standing, then step back with the same leg and again sink down to a 90-degree bend. Return to start and repeat on the other side. That's one rep.

Variation: For the weighted version, hold a kettlebell or dumbbell while performing the move.



Stand with legs apart, facing a barbell on the ground. Keeping your back flat, bend your knees and grasp the bar with an overhand grip. Use your glutes and leg muscles to straighten. Return the bar to the ground. That's one rep.



## 6 Bulgarian split squat
Stand with your back to a step or box, holding a 2.5kg
dumbbell in each hand. Take one big step forward. Keeping your weight balanced, rest one foot on the bench behind you, then sink down until your front thigh is parallel to the ground. Return to standing. That's one rep. Perform all reps, then repeat on the other side. >

YOU'LL NEED: a wall, a kettlebell/ dumbbell, a box, a medicine ball, a barbell with different weight plates, a rowing machine.

> Wall squats SETS: 2 REPS: 5

SETS: 2 > Air squats REPS: 10

> Lunges (forward/backward)

REPS: 20 (or do 20m of walking lunges, forward, then back)

> Weighted lunges (forward/backward)

REPS: 20

(or do 20m of weighted walking lunges)

> Box jumps SETS: 3

REPS: 6

> Deadlift ladder

Select barbells of the following weights: 50 percent of the maximum weight you can lift, 60 percent of your max, 70 percent of your max, 80 percent of your max and 90 percent of your max. Then lift them in these combos:

SETS:1 REPS: 10 > 50% > 60% SETS:1 REPS: 5 REPS: 3 > 70% SETS:1 > 80% SETS:1 REPS: 2 SETS: 5 REPS: 1 > 90%

#### **CARDIO FINISHER**

> Burpee ball-slam ladder Do 10 burpee ball slams, then row 250m as quickly as you can. Then do nine burpee ball slams, followed

by another 250m rowing sprint. Continue down to one burpee ball slam.

### Day 2

YOU'LL NEED: a kettlebell/dumbbell. dumbbells, a box, a weight plate, a medicine ball, a rowing machine.

> Wall squats REPS: 5 > Air squats SETS: 2

REPS: 10 > Lunges (forward/backward)

(or do 20m of walking lunges forward, then back)

> Weighted lunges (forward/backward)

(or do 20m of weighted walking lunges)

> Weighted Bulgarian split squats

REPS: 6

> Front squats SETS: 6

REPS: 4

Do five box jumps after each set

### **CARDIO FINISHER**

> Row\* until you've burnt 20 calories (83kJ)

> Russian twists SETS:1

REPS: 15 each side

SETS:1 > Ball slams REPS: 20

> Row for 250m

\*If your gym has an Airdyne bike, use this instead

### Day 3

> Cardio day: do 60 minutes\* at an easy pace

\*TIP: If you find cardio boring, break it up into three (20-minute run, 20-minute swim, 20-minute cycle)

### Day 4

YOU'LL NEED: two kettlebells, a medicine ball, a rowing machine.

> Wall squats SETS: 2

> Air squats SETS: 2

REPS: 10

> Lunges (forward/backward)

SETS: 2

(or do 20m of walking lunges, forward then back)

> Weighted lunges (forward/backward)

SETS: 2 REPS: 20

(or do 20m of weighted walking lunges)

> Push-ups SETS: 3

REPS: 10

### > Broad jumps

Stand with legs hip-width apart, knees slightly bent, arms out behind you. Push your bum backwards, engage your hamstrings and jump forward as far as you can, landing softly. Swing your arms forward to create momentum.

> SETS: 3 REPS: 5

> > The results will be...

Marvellous!

### > Kettlebell rack-hold squat ladder

Do five squats, followed by five burpees; then do four squats followed by five burpees. Continue counting down to one squat.

### > Row to hell

Row 500m as fast as you can, then do 10 ball slams. Row 400m, then do another 10 ball slams. Continue counting down to a 100m row. **Get-Fit Tricks** 



### $\overline{\mathcal{H}}$ 7 Front squat

Stand with feet slightly wider than shoulder-width apart, toes pointed forward, holding a light barbell in front of you at chest height with an overhand grip. Sit your hips back until your thighs are parallel to the ground. Return to standing. That's one rep.

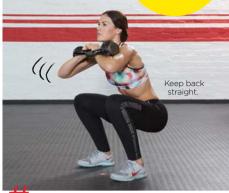


### #9 Push-up

Get into the top of a push-up position, with your body forming a straight line from head to heels. Your arms should be directly under your shoulders, your head neutral. Lower your body until you're just a few centimetres from the floor. Return to start. That's one rep.

### WH Online

For video demos of these moves, go to Womens HealthSA.co.za



# #8 Kettlebell rack-hold squat

Slide your wrists through the handles of two light kettlebells and interlock your arms at chest height so the bells are resting on your forearms. With feet slightly wider than hip-width apart, sit your hips back into a squat then return to standing. That's one rep.



## # 10 Russian twist

Sit on the floor with your feet flat, legs bent and a weight plate clasped at chest height. Lean back to engage your core. Raise your feet off the ground. Keeping your legs steady, twist your torso to the left, then to the right, tapping the plate to the floor with each twist. That's one rep.

### **Hair For Heroes**

With great power comes great, full-bodied locks. Apparently.
WH beauty editor Helen Clemson explains how to get the look

Keep elbows

tucked in



A volumising shampoo like Head & Shoulders Volume Boost

Shampoo for fine or limp hair (R43 for 200ml) will cleanse and inject body in one go. Follow up with a conditioner for all hair types like Kiehl's Amino Acid Conditioner (R255 for 200ml) dosed with wheat proteins and amino acids for shine.

### Treat

Strong hair needs nourishment, so once a week reach for a leave-in treatment or rinse-off mask packed with natural oils. The combination of lipids means your locks will feel silkier and look glossy. Try L'Oréal Paris Elvive Extraordinary Oil Hair Mask (R80 for 300ml). If you prefer a leave-in treatment, try a light conditioning mist like Dove Colour Radiance Leave-in Conditioning Spray

(R73) that gives colour-treated hair a boost.

### Protect

Even superheroes need protection. Before heat hits your hair, spritz on a light heat protector like GHD Heat Protect Spray (R180 for 120ml). If your hair needs extra sleekness (super tresses are never frizzy), smooth on a balm-like heat protector like Kérastase Keratine Thermique Smoothing Taming Milk (R340 for 150ml),

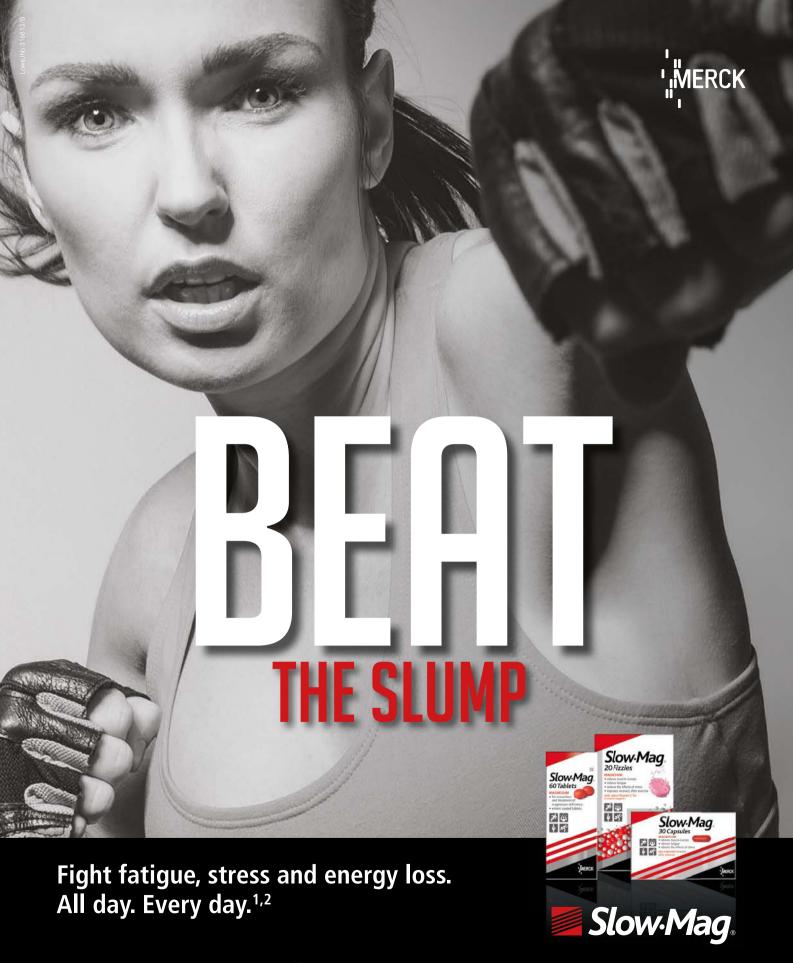
which covers strands with a hydrophobic film, taming frizz and shielding hair from humidity.

### Style

Fighting bad guys is a demanding job. Cut down on drying time by styling towel-dried hair (it should be damp, not soaking wet) with a multi-purpose hot brush. Try FHI Heat's Stylus (R1 995) to dry and style your hair quickly, brushing it into a sleek curtain or sculpting sexy waves.

NPRA; GLEN MONTGOMERY (MOVES); TIGHTS PUMA; CROP TOP ADIDAS; NIKE TRAINERS MODEUS OWN; SHOT ON . . OCATION AT ROARK WOMEN'S GYM; MODEL: BRIGID RANDALL; HAIR AND MAKE-UP: NATASHA PAPADOPOULOS





# **Just** Lose It!

Celebrity trainer Shaun T's definition of insanity: never doing the same thing and expecting amazing results. His current fitness twist will help vou shed unwanted padding fast

By Jen Ator

His name is synonymous with *Insanity* (the DVD he created in 2009), but there's nothing crazy about Shaun T's training approach. Take this exclusive workout. Inspired by his latest DVD series, Insanity Max 30, it features heartpounding intervals designed to spike your metabolism instantly; you'll also sculpt leaner arms and abs and sleeker, more defined legs and shoulders. Yes. Please. How it works: complete as many reps of each exercise as you can in 20 seconds, resting 10 seconds between each move. At the end, rest 30 seconds, then repeat the circuit, doing as many reps as you can in 45 seconds and resting 15 seconds in between moves. Rest 30 seconds. Finish by performing as many reps of each exercise as you can in 60 seconds, moving from one to the next every minute without resting.

YOU'LL NEED: FLOOR SPACE; A TIMER, THAT'S IT.



# Continue alternating. HE JUMP

Stand with your **Do It** feet together and bend down to reach your right hand to the floor (A) In one motion, quickly swing both hands in front of you, elbows bent, and jump to the left (B); land softly and immediately bend your knees to reach your left hand onto the floor (C). Reverse the movement to return to start. Continue alternating



"BUILDING THE DURATION

AND

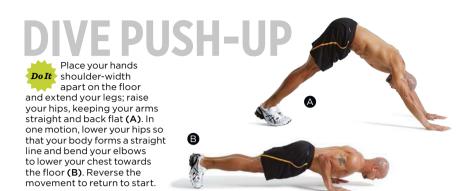
INTENSITY OF YOUR

**INTERVALS** HELPS YOU

GO HARDER,

LONGER," SAYS

SHAUN T.



# SWITCH KICK PUNCH

Stand with your left foot in front of your right, knees slightly bent and fists raised in front of you, elbows bent (A). Bracing your core, kick your right foot in front of you, leg straight, while punching your left fist towards your foot (B). Quickly return to start, place your right foot in front of your left and repeat on the other side. Continue alternating.





Stand with your feet shoulder-width apart and hinge forward at the hips to lower your torso towards the floor, reaching your right hand in front of your left foot (A). Jump up, bringing your hands towards your chest and crossing your right foot in front of your left (B); land back in the start position, this time reaching your left hand in front of your right foot (C). Continue alternating.

SCISSOR STANCE JACKS

# PUNCHING AR Sit with your legs extended

Do It and feet together, knees slightly bent. Brace your core and lean back slightly, with your fists at each side of your chest, elbows bent. Punch your right fist forward at shoulder height (A), then quickly return to start and repeat on the other side (B). Continue alternating.



# Best Foot Forward

Because confidence begins at your feet...

She's always running around in sky-high heels, so how does Jeannie D keep her feet looking fabulous? With Scholl's Velvet Smooth Electronic Foot File. As Scholl brand ambassador, Jeannie understands the busy woman's need for an innovative foot-care product that gives you professional pedicure results at home, after just one use. Your feet will be velvet smooth in minutes – and you'll have time to focus on that promotion.



Marketed by Reckitt Benckiser South Africa (Pty) Ltd, 8 Jet Park Road, Elandsfontein, 1601. Customer care line: 0861 111 110

# **MINUTE WORKOUT**

# COUNTDOWN TO HOTNESS

**Decreasing your** reps with each set can strengthen results. Prepare to transform in 3... 2... 1...

Productivity experts often tell clients to tackle the most challenging task on their to-do list first. The reason: a feeling of accomplishment gives you momentum to check off other less-daunting tasks throughout the rest of the day - even as your attention span diminishes.

The same logic can work at the gym: a reverse-pyramid or countdown - format forces you to do the hardest part of the workout first, when you're physically at your peak, says strength and conditioning trainer Albert Matheny. Then it's downhill from there: as the number of reps decreases during the workout, the mental momentum you're building allows you to finish strong, even as your body starts to fatigue.

Follow this countdown workout from Matheny two or three days a week. Perform five reps of each of the following exercises in order, moving from one to the next without resting. Take a short break (30 to 60 seconds) if needed, then repeat the circuit, completing four reps of each move. Continue until you reach one rep of each move.

You'll need: a set of dumbbells that allows you to complete the reps with proper form. Try three to four kilograms to start





Hold a dumbbell in each hand just above your shoulders, palms facing in, then sit your hips back and bend your knees until your thighs are parallel to the floor (A). Push through your heels to stand, pressing the weights overhead (B). Return to start; that's one rep.



Stand with your feet hip-width apart and hold a dumbbell in each hand at your sides (A). Step back with your right leg and bend both knees as you lower until your left knee is bent 90 degrees (B). Push through your left foot to stand, then repeat on the other side. That's one rep.



### Renegade row

Grab a pair of dumbbells and get into push-up position with your hands on the weights and your feet slightly wider than hip-width apart (A). Brace your core, then bend your right elbow to pull the weight towards your chest, keeping your hips parallel to the floor (B). Slowly lower the weight back to start, then repeat on the other side. That's one rep.



Spiderman plank with dumbbells



Start in push-up position with your hands on a pair of dumbbells and feet slightly wider than hip-width apart (A). Brace your core, then bend your right knee towards the outside of your right elbow (B). Pause, then return to start and repeat on the other side. That's one rep.



ENERGY & LEAN MUSCLE AGENT ZERO SUGAR I ZERO CREATINE I ZERO B-ALANINE 30-40 MIN BEFORE WORKOUT ENHANCED STAMINA

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BURN MORE FOR A LEANER, FITTER BODY.





# "I've found a way to keep the weight off"

There's nothing like the sight of yourself on TV post-weight gain to spur a lifestyle change. ENCA sports anchor Wardah Hartley became the youngest national TV news reporter in the country at age 19 and, now, she has not only changed her own life, but she's using her experience to inspire others.

### THE GAIN

Wardah's weight issues began at age 25. "I wasn't really into exercise," she explains. She also had a weakness for oversized Cape Malay dishes. "My portion sizes were far too big in relation to the amount of activity I was doing: all those stews and curries every day, plus I loved my carbs - loads of potatoes, rice and pasta."

### THE CHANGE

The kilos crept up so slowly that it was easy to live in denial. "Then, in 2011, I saw myself on air and it was a big eve-opener." Wardah recalls. "It didn't help that the camera adds a few kilos too." Wardah went for a medical check-up and discovered she was dangerously close to getting type-2 diabetes. "I had high cholesterol and high blood pressure," savs Wardah, It was the reality check she needed.

### THE LIFESTYLE

Wardah confronted portion distortion with eating guidelines prescribed by her doctor. "I started eating five to six small meals every day. My meals were high-protein with either a good carb or a good fat to accompany it." But a food makeover was only part of the equation. "A big part of my weight loss was finding a highly effective activity that I truly loved. I started doing S.W.E.A.T. 1000 classes three or four times a week." Soon, she was sweating off a kilo almost weekly.

### THE REWARD

Wardah has run several 10-kays, obstacle races and three halfmarathons. She's also completed two Cape Town Cycle Tours and a 94.7 Cycle Challenge. "I've got the energy, determination and discipline to take on more work. I started my

Wardah Hartley, 33, Joburg

Occupation TV and radio presenter Height > 1.61m

Time taken to lose weight

Two years

Secret weapon

S.W.E.A.T. 1000

Lesson learnt >

"Pure determination has shown me what I'm capable of."

own health and wellness events company called FabuFit. This would never have happened had I not gone on this journey."

### **WARDAH'S TIPS**

- > Know your body. "Get a full health assessment done by your GP; you'll have a clearer picture of how to approach your transformation."
- > Be consistent. "It's only through creating a habit that your body will begin to change and maintain the changes."
- > Get a training buddy. "Try to find a buddy who is slightly fitter and stronger than you so that they can push you to improve and keep up with them."



#### SINGLE-LEG HIPRAISE

Lie face-up, knees bent. Raise your left leg out straight; then make the adjustments above. Repeat on the other side.

### **Better**

LEG DEADLIFT Stand on one leg, the other bent 90 degrees. Bend your standing leg to lower your body as far as you can. Repeat on the other side

# **Best!**

SQUAT Squat down until vour knees are bent about 90 degrees. Jump explosively up and land back in a squat. Land softly.

Sure you practise lunges, but these exercises can really lift your rear. The single-leg hip raise is great for targeting the hamstrings and bum muscles, but the singleleg deadlift is even better because it adds the element of balance. It activates the muscles in your butt and legs. For max results in minimum time, the explosive jump squat lengthens muscles by recruiting the power of the butt and leg muscles.



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Contains patented Relora® and theanine to promote calm, reduce stressrelated overeating and promote healthy sleeping patterns.

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Contains herbal tonics of ginseng and liquorice extracts. These help to re-energise an overworked or exhausted body and brain.

### **STRESS DAMAGE CONTROL™ - Protects** against stress

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- Stress Damage Control™ can be used in conjunction with Naturally High™, CalmLite<sup>™</sup> or Burnout<sup>™</sup> as part of a stress-protection protocol.





## It's what's inside that sets us apart

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In theory, your doctor's office is a safe place to put it all out there: your health triumphs, your health lapses, your nagging health concerns. But many women omit details, twist facts or blatantly lie when being quizzed by anyone accessorising with a stethoscope. Big mistake. Withholding the truth can be dangerous, if not deadly. "And your doctor can't help you if she doesn't have all the info," says obs-gynae and co-host of DStv's *The Doctors*, Dr Jennifer Ashton. Guilty of any of these little white-gown lies? It's time to come clean.

### YOUR DOCTOR ASKS:

### "How are you doing?"

YOU SAY: "All good, hey! Fine! Everything's going great."
THE REALITY: You've been feeling sad for a while.
THE FIB RISK: High. The longer you let depression symptoms linger, the more likely you are to self-medicate with alcohol or drugs, or to isolate yourself from friends and family. Don't suffer in silence: "Try to say exactly what you're thinking and experiencing, even if you don't have the right words," says clinical psychologist Dr

Sari Shepphird. "Or, if you're too nervous, just say that. Your doctor can take it from there."

Remember, just because you feel blue doesn't mean you're clinically depressed or will surely be prescribed meds (nearly 25 percent of people hide their symptoms for fear of being put on an antidepressant). Hormonal imbalances can also cause emotional upset. Give your doctor the chance to get to the root of your mood and recommend a course of action that you're comfortable with.

### YOUR DOCTOR ASKS:

### "Do you smoke?"

YOU SAY: "Not really... Maybe every now and then." THE REALITY: You puff at least once a day, or sometimes several times a week. THE FIB RISK: High. Okay, so you don't feel like hearing another lecture, but just one social ciggy exposes your body to a cocktail of carcinogens. Frequent smoking raises your risk for certain cancers (lung, breast, cervical), so your doctor might want to start screening for them early or more often, says Dr Lynn Westphal, a specialist in women's health. Smoking can also raise your blood-clot risk if you're on the Pill, so your physician might switch you to a different contraceptive and explain how cigarettes affect fertility.

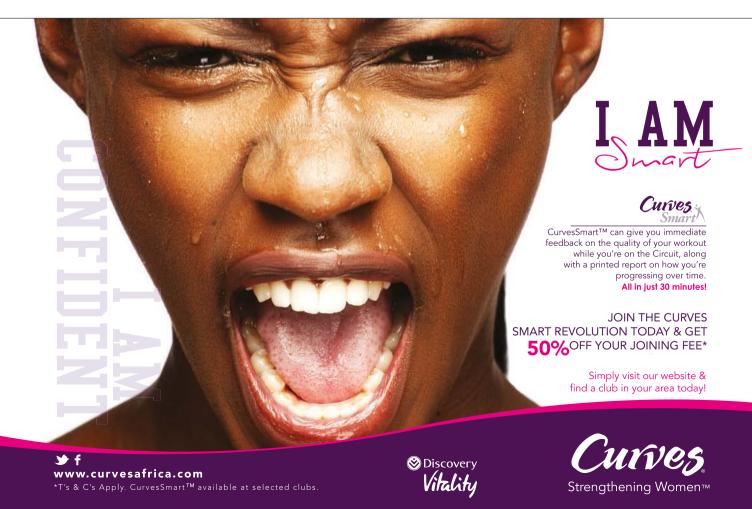
Always be straight about how often you light up, and your doctor can work with you to devise a solid quitting plan. It's well worth any shame: women who stop smoking cut their premature death rate by more than half.

### YOUR DOCTOR ASKS:

## "What's new in your life?"

YOU SAY: "Ag, nothing much. Same old, same old." THE REALITY: You were recently retrenched or passed over for a big promotion, or you're just working around the clock. THE FIB RISK: Moderate. Because the average working woman spends a third of her time at work, her job health has a direct effect. on her medical health. A little professional stress is totally normal; an upheaval at (or exit from) the office, however, is something your doctor needs to know about.

"Many people don't know that work-related stress is the root cause of a lot of health problems," says Shepphird. For example, unemployment has been linked to heart disease,



When your physician asks "What's new?" touch on what's happening at work "They're restructuring our division and I'm stressed out." She can decide what's relevant.

### YOUR DOCTOR ASKS:

### "How much do you drink?"

YOU SAY: "About two glasses of wine - and only on weekends." THE REALITY: Well... and some shots at a handful of happy hours each week. THE FIB RISK: High. Most women grossly understate how much they imbibe, often more than even they realise. "Thanks to oversized glasses and generous pours, two drinks may really contain the alcohol equivalent of four drinks," says Ashton. "And four drinks in one night can be considered binge drinking."

Regularly guzzling more than seven drinks a week can lead to sleep disruption, weight gain or even breast cancer, so it's imperative to do the maths. Don't fall back on the vague "socially" answer or downplay your boozing for fear of being tsk-tsked; use your calendar as a guide and fill your doctor in so she can check you for boozerelated issues.

#### YOUR DOCTOR ASKS:

### "Is your knee still bothering you?"

YOU SAY: "Nah, it's alright. I just take an OTC tablet when it acts up." THE REALITY: You're popping them like sweets just so you can get through your workouts. THE FIB RISK: Moderate. Overuse of pain pills can cause stomach irritation or ulcers. Perhaps more important, though, is that the meds may be masking a worsening problem (that knee pain, for example, could morph into a stress fracture), says orthopaedic surgeon Dr Sabrina Strickland.

Women often lie about how much they exercise when injured, she says, for fear of being told they can't hit the gym. But it's important to describe your precise

Blurring the facts isavery unhealthu habit. 35 11

fitness routine and type of pain. Yes, being upfront may result in some physical therapy, but it beats stomach trauma or eventual surgery - two things your doc wants to help you avoid.

### YOUR DOCTOR ASKS:

### "What medicines are you taking?"

YOU SAY: "Nothing." Or: "Just the Pill." THE REALITY: You're a supplement champ, taking vitamin D, fish oil, probiotics, and - oh ja! - St John's wort. THE FIB RISK: Moderate. They may be natural, but supplements can be very powerful drugs, says integrative medical expert Dr Leslie Mendoza Temple. Certain ones might interact with prescription meds - St John's wort can interfere with contraceptives, or can be harmful in high dosage, and too much fish oil can cause skin bruising or bleeding after surgery.

To make sure you don't overlook anything, bring along the actual bottles

of each supplement you're taking to show your doc. "People sometimes fear their conventional doctors will ridicule alternative therapies," says Temple. If yours laughs at them, find a new doctor.

### YOUR DOCTOR ASKS:

### "How's your sex life?"

YOU SAY: "Um... it's okay." THE REALITY: Nooky kinda hurts, but only sometimes. And you'd rather chew off your arm than go into the ultra-intimate details. THE FIB RISK: Moderate. Up to 75 percent of women experience painful sex at some point. Typically, it indicates a fixable issue (vaginal dryness, a yeast infection). In some cases, though, it can point to more serious concerns such as endometriosis or ovarian cysts, so speak up before your feet are in the stirrups. Feel free to start with, "This is awkward, but..." Keep in mind that there's very little that can shock or embarrass a doctor. "Blood. fluids... we've seen and heard everything," says Ashton.

**Prep Work** 

Following this five-point checklist before your next appointment will help keep you honest and on track, says Dr Leana Wen, co-author of When Doctors Don't Listen

- > TAKE A FEW MINUTES TO REFLECT. What's happened since your last visit? Have you changed jobs or been in or out of relationships? Have you changed your eating habits or lost or gained a whole lot of weight?
- > TAKE SPECIFIC STOCK OF YOURSELF. Stand in front of a mirror and work your way up, starting with your feet. For each body part, ask yourself, "Does everything feel okay here?" Then scan your mood: have you been more down than up lately? More stressed than not?
- > JOT DOWN ANY RED FLAGS. Take a written list and keep your comments specific - "I've had a headache every day for three weeks" instead of "My head's been a bit sore" - and read them verbatim.
- > PREPARE TO DIVE RIGHT IN. Many women only break out their questions at the end of the appointment. Whip out your list right away - before you get sidetracked - so you don't run out of time.
- > TAKE A BUDDY. If you tend to get flustered or are anxious about a big appointment (say, a cancer screening), a friend can help take notes and ask follow-up questions. She can also make sure you stay honest about your health habits.

# EVERYTHING'S BETTER WHEN YOU FEEL BETTER







# What A Drag

Electronic cigarettes are skyrocketing in popularity, thanks to marketing campaigns that bill them as healthier alternatives to traditional butts. WH clears the smokescreen to uncover the truth By Jessica Girdwain

They don't call them cancer sticks for nothing: cigarettes kill more than five million people each year, including more than 44,000 South Africans - making them SA's leading cause of preventable death. But what if there were a safer - harmless, even – way to light up? Something that looks and feels like smoking, but isn't; that could even help you quit the real thing?

Such is the promise of electronic cigarettes. First popularised in the early 2000s, e-cigs have grown into a multibilliondollar business, with people "vaping" freely in restaurants, airports and on public transport. They come in an array of sizes and colours; some are flavoured and boast celebrity endorsements; all vow that they don't stain teeth or make you reek like eau de ashtray.

In fact, they've even gained a reputation for being healthy: nearly 80 percent of e-cig users think the sticks do less damage than regular butts, according to a US study. The same study found that young women are the most likely to try them. What's more, while the majority of e-cig users were already smokers, there's now a subset of nonsmokers looking to experiment.

Absent in all this is the crucial question: how safe are e-cigs? Are vapers merely trading one evil for another or are these new tools a bright light in an otherwise killer industry? The World Health Organisation (WHO), for one, isn't sure. Last year it called for tougher regulation of electronic nicotine delivery systems, which would include a ban on using them indoors, advertising them and selling them to minors. Also under

review: the claim that e-cigs have health benefits, with some critics claiming they could be a gateway to the real thing.

### What's inside?

The anatomy of an e-cig is ostensibly simple: as you suck on the mouthpiece, a tiny battery ignites to heat a liquid nicotine solution until it becomes vapour, which you then inhale. Depending on the type and brand, an e-cigarette can last anywhere from 250 to 400-plus puffs (one real cig lasts for about 10 drags). Some are ready-to-use disposables (from R60 per cigarette), others are rechargeable (from R200) and others take refillable cartridges (can range from R250 to R800).

Missing from e-cigs are tobacco and the more than 4 000 chemicals, many of them carcinogenic, that you'd get with a typical smoke (ammonia, arsenic, tar). But the most important ingredient in both versions is nicotine, which can have some nasty longterm effects, says cardiologist Suzanne Steinbaum. The addictive stimulant constricts blood vessels, increases blood pressure and restricts blood flow to your heart. It may cause airway problems and has been linked to disturbed sleep, depression, diabetes and even some cancers. It can also make you dizzy and irritable.

Perhaps most concerning, though, is that no one can know for certain how much is in any one e-cig, says tobacco-control specialist Dr Alex Prokhorov. Because it's unregulated, an e-cig cartridge could contain anywhere from one to 100mg of nicotine (there's about one milligram in a traditional cig). And sucking in too much nicotine can be fatal.

Researchers remain divided over the other ingredients of e-cigs, usually a mix of water, flavouring and propylene glycol. The latter is the chemical that creates the vapour and is generally recognised as safe when used as a preservative in foods like salad dressing and ice cream. It's also, however,

### WHY SOCIAL **SMOKING** STILL **SUCKS**

In addition to hammering your lungs, real cigarettes even just one - can mess with your body on a cellular level, leading to...

- > INFERTILITY Inhaled cigarette smoke ages your ovaries, impairing oestrogen production and damaging egg DNA. It can also lead to infertility and early menopause.
- > BREAST CANCER

Dirty chemicals in cigarettes may push breast cells towards cancer. A new analysis revealed that women who smoked had a 24 percent higher chance of developing the disease. per a study in the Journal of the National Cancer Institute.

- > COLON CANCER
- A woman's risk for colon cancer shoots up 19 percent if she's ever smoked. That's more than double a smoking man's increased risk (at eight percent), per the journal Cancer Epidemiology, **Biomarkers** & Prevention.
- > DNA DAMAGE Research in the journal Stem Cells found precancerous changes in smokers' lung cells, even when chest X-rays were normal. Translation: smokers might appear healthy, but their cells can tell a morbid story.

an ingredient in antifreeze and condoms - and the WHO says it's an irritant when inhaled. Whether that leads to lung damage is still up for debate.

Then there's the possibility of sketchy unnamed chemicals. A series of 2009 Food and Drug Administration (FDA) lab tests found that some e-cigs contain carcinogens such as formaldehyde. "The concentrations appear to be very low when compared with cigarettes," says Foulds. "But we don't know the long-term risks of decades of e-cig use."

### **Atroubling gateway**

Independent of ingredient concerns, internationally e-cig firms are catching flak for marketing to non-smokers, especially teenagers. It's the tobacco in cigarettes that's regulated, so when it comes to e-cigs, that legislation doesn't apply. This hook-'emwhile-they're-young approach can add up to big bucks for manufacturers, many of whom are big tobacco companies. And since nicotine can be as addictive as cocaine, doctors worry e-cigs will act as "gateway" devices to actual smokes, says nicotine addiction expert Dr Jon Ebbert. Researchers estimate that to date, more than one million non-smokers have tried vaping. The majority of users, however, were already smokers, including those desperate to kick the habit. E-cigarettes have yet to be approved by the FDA as quitting tools, though that hasn't discouraged some makers from dropping hints. One company sponsored its own study that found 70 percent of people who switched to e-cigs quit tobacco after 90 days. A study in The Lancet offers a more sobering perspective: after six months, only seven percent of e-cig users quit cancer sticks. For now, says Foulds, e-cigs aren't exactly awesome, but "if you're a smoker and there's an alternative that's much less likely to kill you, that's still somewhat of a win." But if you aren't already a smoker, don't pick up an e-cig for fun. Unlike some vices (coffee, wine), these smokes



# BODY ON... ACUPUNCTURE

It looks like voodoo, but it's bona fide science. Learn how being needled can help keep your mind and body in balance

> When hair-thin stainless-steel needles are strategically placed into your skin at specific acupuncture points, they help balance out your qi (aka ch'i), or energy centre, leading to a calmer, healthier you. At least, that's the traditional Eastern explanation. The modern scientific hypothesis? The pricks cause tiny sensations that activate your nervous system and brain, promoting a relaxation response. Whatever the exact mechanisms, regular acupuncture plays a role in easing the following:

### Physical pain

Just a few precise insertions can stimulate your peripheral nervous

system, triggering a chain reaction involving painkillers such as endorphins. A recent analysis of 18 000 patients found acupuncture quelled chronic headaches, neck aches and back aches. Bonus: needles placed around specific injury sites can act like natural cortisone shots.

► That relaxation response means less stress for you and a reduction in related symptoms like insomnia and fatigue. One theory: the needles block the release of stress-related hormones like cortisol and neuropeptide Y.

► Smile! That uptick in endorphins and other "happy" neurotransmitters, including serotonin, leads to a palpable mood lift, especially if you're a frequent patient.

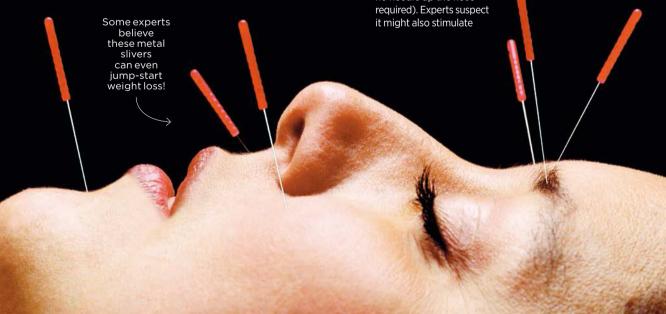
► The practice can quell inflammation in your nasal passages (don't worry, no needle up the nose required). Experts suspect it might also stimulate

your immune response, leaving you less sensitive to allergens or less dependent on medications.

### Addiction

► One analysis found that acupuncture could be an effective quitting aid. The aforementioned endorphin release may block cravings or make withdrawal easier.

Sav adios to bloating and breast tenderness: a review revealed that getting pricked cuts PMS pains by up to 78 percent, possibly because it helps dial down stress and regulate hormones.



# Be sure. Sun Sure.

With the Sun Sure range, you and your family can spend more quality time in the sun without having to worry about getting burnt. The Sun Sure range, exclusive to Pick n Pay, protects your skin from harmful UVA and UVB rays, whilst leaving it moisturised and vitamin enriched.

CANSA endorses all sunscreens with SPF 20 to SPF 50, assuring effective protection for the whole family.







Oh, the irony of technology: it's as much of a time-suck as a timesaver, at least at work. In a recent US survey, employers cited email, social media and cellphone calls – along with classic distractions like gossip and meetings – as frequent focus zappers.

More irony? Thanks to a still-recovering economy, most of us are already short on time, with mega workloads as the norm. But, says Maura Thomas, author of Personal Productivity Secrets, "it's also true that, in my experience, most people are 'busy' all day but get very little of the important stuff done." (Um, who, us?) Let these expert tricks prevent timewasters from hijacking your day – or your job.

### **EMAIL**

### > Free up your mornings.

Check your email first thing to make sure you're not missing a last-minute meeting or a crucial bit of news that transpired overnight. Then go sans Outlook for the next 90 minutes. "This starts your day in a proactive, rather than reactive, way," says Julie Morgenstern, productivity expert and author of Never Check Email in the Morning.

### > Outsmart your computer.

Change your email settings to cancel new-message pop-ups. "It's pretty safe to say that, at any given moment, you have new mail - so why do you need the flash?" says Thomas. Ditto with the endless beeps: dial down the sound when you need to focus.



### **MEDIA**

### > Save it for later.

Do your Facebook breaks regularly deteriorate into an hour of link clicking? Download an app like Pocket to your computer or phone: it lets you save news articles and guizzes to one place, then automatically syncs to all your devices so you can read them later.

### > Choose an off-line reward.

Promising yourself a treat when you complete a task can amp motivation, but a Twitter scroll shouldn't be your choice. "You don't get the benefit of a break since leisure computer time uses the same part of your brain as work computer time," says Thomas. Instead, take a quick walk or get that latte you've been craving.

### > Try "tab-less Thursdays".

Health columnist Dr James Hamblin preaches the gospel of Internet single-tasking once a week. His rule: to open another website, he must close the one he's on - a trick, he says, that forces him to focus. He's not wrong - research shows that people who tackle one thing at a time are more efficient and better decisionmakers than those juggling several to-dos at once.

### > Cock-block yourself.

If you're addicted to social media (guilty!), install an anti-distraction programme, like Cold Turkey, LeechBlock, or Anti-Social, which should bar you from the sites that attract you the most.

### PHONE

### > Get some distance.

Leave your phone in your bag or in a drawer. If it takes effort to check it, you're less likely to pick it up for every little ping. One point for laziness!

### > Keep your favourite apps off the home screen.

You were just checking your weather app when... oh hey, Candy Crush Saga! A quick game won't hurt, right? Axe temptation so it can't lure you. Don't worry – now that you're a productivity machine, you'll have plenty of time to play Plants vs Zombies 2 when you get home.



### CHANNEL THE **COFFEE SHOP**

There's a reason why Vida is a great place to work: the whir of espresso machines and chatter create just enough white noise to spark creativity, research suggests. Download Coffitivity, an app that plays an ambient coffeehouse soundtrack, to score those perks from home.



### **COLLEAGUES**

- > Disappear. On deadline? Book a conference room or empty office for yourself, or set up in a nearby coffee shop.
- > Sign out. During the hour or two each day when you're most in the zone, hang a "Do Not Disturb" note outside your door. Bonus: by designating a regular uninterrupted work period, you'll train your brain to think more deeply and efficiently during that time every day, says Morgenstern. No door? A plant or stack of books creates a visual barrier, so others can't make eye contact with you easily.
- > Do gossip a little. Though employers in the poll blamed the office grapevine as a major slack-off excuse, Dutch researchers found gossip can actually improve workplace efficiency by helping identify which colleagues shirk responsibility. But don't dish too often, or you'll be the one people say isn't pulling her weight. >

### Life Skills



### **MEETINGS**

### > Stand up.

Seriously: research shows that seated meetings are, on average, 34-percent longer than no-chairs-allowed ones, likely because people get sick of being on their feet, says Holly Liu, chief of staff at interactive entertainment

company Kabam, which has a daily standing meeting. Even if your boss isn't game, keep your butt off the chair during job-related chats with colleagues: a study found groups who work together while on their feet are more engaged than when they're seated.

Groups who work on their feet are more engaged than when seated

### > Flip your phone.

One employer we spoke to turns off notifications and blatantly puts his phone facedown on the table at the start of a meeting. Often, others follow his lead. "When everyone is engaged in the conversation, you're more productive and the meeting is shorter," he says. Worried about missing an urgent call? Set a special ringtone for people who might contact you in an emergency just keep the ringer on low and only answer for that tone.

### > Manage your meetings.

When your boss calls an allhands get-together, you're stuck, but, if a colleague is having a vague, hour-long status powwow, ask to see an agenda in advance so you can be prepared. "If they don't have one, it's going to be a huge waste of your time," says management consultant Carson Tate. Offer to provide input or notes by email instead, if your opinion is necessary.

### WHEN THE DINING TABLE IS YOUR DESK

Home isn't always sweet if it's also your office. Don't let these five diversions destroy your steely focus

# PJs

They signal your brain that it's couch - not work - time. A recent study found that wearing clothing that vou link with certain qualities can boost performance, so put on whatever says "pulled together and proficient" to you whether it's a blazer or even just a bra.

### 2 Chores

Erin Rooney Doland, editor-in-chief of Unclutterer.com, creates a schedule delineating work hours and home hours. "It's tempting to do a load of laundry when you should be ontask," she says. "But, reminding yourself that you've set aside time later in the day to do it, takes off the pressure.'

### Your work area

For some people, setting up shop in front of a window is energising and inspirational. For others, it's distracting. (What is that squirrel doing?) Be honest about how productive you can be in a certain spot and, if you can't concentrate there, it's time to reconfigure.

### 4 Family and neighbours

Let peeps know that even though you're physically at home, vou're not available for errands or long gossip sessions. Ignore personal SMSes and calls while you're working, or just pop back a quick message that you'll respond when you're done for the day.

### The small screen

A survey of over 1000 office workers found that 43 percent admit to watching TV or a movie while officially working from home. Instead of getting sucked into a 7de Laan omnibus, flip on the radio; it provides company without requiring you to look at it.

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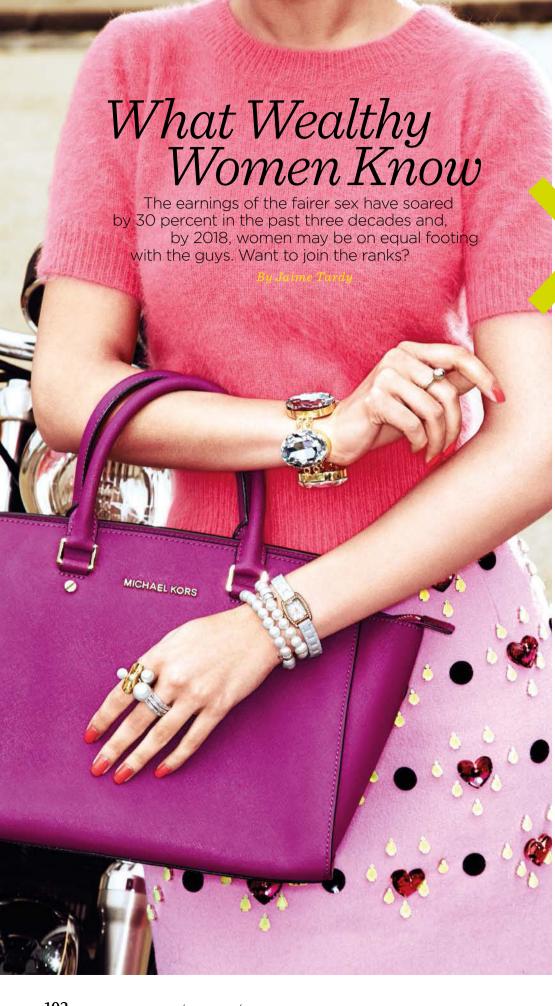


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<mark>Whether yo</mark>u want to have enough money to hobnob with the likes of Beyonce and Jay Z on a yacht in the Riviera or just enough to snap up a pair of shoes that isn't on the sale rack, having a fatter bank account is likely on your wish list. Problem is, few of us know how to get there.

That's why, over the past three years, I've interviewed more than 100 self-made millionaires and a slew of financial experts to find out exactly what drives success. What I discovered? Most. of the women follow these four strategies:

### **RICH CHICKS HAVE A VISION**

Having a goal can help you set your eyes on the prize, but to steer through tough times, you need a vision - a detailed picture of what the result of your hard work will look like. Visions remind you of the purpose behind your goals, says Richard Sheridan, author of Joy, Inc. "Pick a day several years in the future and think about what your success will look like, in dripping detail, then write it down," says Sheridan. Include points such as how much time you'll spend with your family, what kind of people you want to work with and where you'll be working. When you're at a crossroads - say, deciding whether to stay in your current job or take a lower-paying one that's more aligned with your endgame - always refer to your vision to help keep you on track.

### **BUT. THEY ONLY PLAN FOR** THE NEAR FUTURE

Creating a step-by-step strategy of how you'll launch your own business or retire at 50 may seem smart, but it can backfire. "The first time something unexpected happens that's not in your plan, you'll need to rethink your next steps," says Leonard Schlesinger, co-author of Just Start.

Instead, home in on one smaller step that gets you that much closer to your dream; it might be paying off your student loan, taking a business class, or negotiating a raise. These more-achievable minigoals will help spur you to take action, raise your confidence and lead you to the next step on your journey, says Schlesinger. "To stay focused, I think about what I can achieve in the next 30 days," says international business coach (and self-made millionaire!) Amy Applebaum.

### THEIR NETWORK **BOOSTS THEIR NET WORTH**

You can't pin a rand value to one of your most valuable assets: your network. Strong relationships are especially key for women, who have less access to start-up funding and fewer opportunities to

land senior-level jobs. Plus. a study found that 73 percent of entrepreneurs attribute their success to their network.

Your contacts arsenal should include a mentor - a high-level advisor who can push you out of your comfort zone and make business introductions. To find yours, make a list of 10 people who have done what you want to do, then ask them if you can chat. You don't need to formally request that they mentor you - the best relationships grow naturally out of these initial talks. Next, join (or form) a mastermind group - four to seven people who meet regularly to offer support

Jo-Ann,

Bonana.

Shashi and

and feedback and provide accountability. Reach out to your extended network (think second and third connections on LinkedIn) and industry peers you don't yet know.

### **THEY OVERCOME FEAR**

Whether you're changing careers or deciding how to invest your first million, everyone fears making bad decisions. But you have to make those hard choices. Truth is, failure is often required for success. "Action is the only way to address your fears," says Schlesinger. "Get started, make some mistakes and learn from your failures."

# Sisters Doing It For Themselves These three celebs know that hard work pays off. Here's how they found success

### Jo-Ann Strauss, 34

> Each year, my husband and I work on our personal strategies for the next 12 months and then our joint strategy. Each month, I refer back to my overall strategy to see if I'm heading in the right direction and assess whether my aims are changing. You should leave room for spontaneity though - if you're too focused on how you expect things to work out, you close yourself to other potential opportunities. > Networking is essential. I've built up an incredible network with reciprocal relationships. You shouldn't only ask for favours or references, but see how your business could benefit others. I met one of my mentors and business icons, Koos Bekker, at a youth conference, when I was 17. Now, 17 years later, I serve on the board of Media24. > I try not to rush into decisions. I write a list of pros and cons and

- discuss them with my husband or business partners. Remember to separate your ego and emotional sentiment.
- > Failure is one of the greatest teachers. I've failed at times - or, maybe, my expectations weren't always realistic - but you learn as you go along. If you roll with the punches, you become a much better fighter.

### Bonang Matheba, 27

> Every year, I look at what I achieved and how I can elevate myself the following vear. I assess my goals every six months, so I know whether I'm on the right track. I take my career very seriously and. without focus, I wouldn't have achieved what I have to date. > It's not about what you know, but who you know... and who knows you. Networking is everything. Personal relationships enable you to rise above and stand out - people are likely to do business with someone they like and trust. > The word "failure"

doesn't exist in my vocabulary. I believe that if things are meant for you, they will happen. At the time, the stars may not be aligned, but they will be. > I always knew I'd be

a TV or radio presenter, but so much has happened along the way! My biggest success is becoming the first Revlon brand ambassador outside of the US. It's given me great self-confidence and I'll always be grateful.



> I look at the purpose behind my goals and apply myself every day. If anything backfires in the process. I take it as a valuable lesson and I try again.

> I keep a diary and tick things off as I do them. This helps me keep track of what I've committed to.

Making important decisions requires discernment. I try to use what I've been provided with to make the right choice.

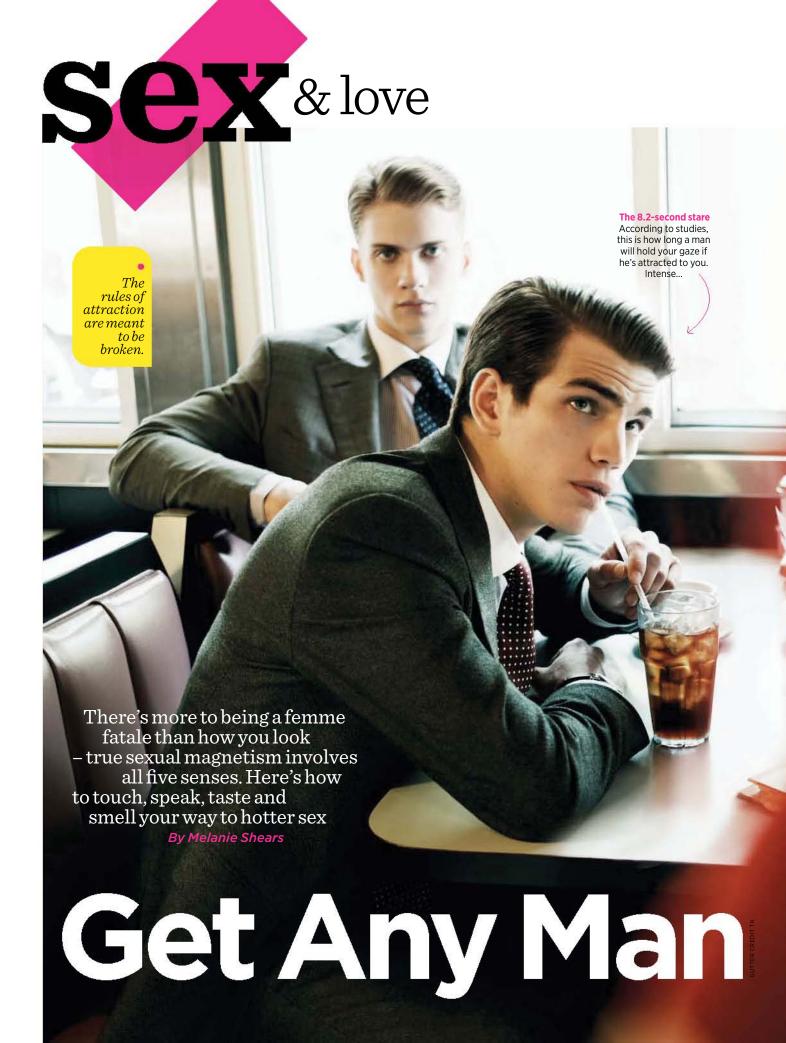
> I don't have a specific mentor, but there are so many women I look up to, like Thuli Madonsela,

> Bonang Matheba and Redi Tlhabi. I hope that one day, I will inspire young girls to reach for their dreams. > If you've never failed,

you've never learnt anything. When I was a florist, I'd have the perfect vision of a bouquet in my head, but sometimes it didn't turn out that way. What some considered a failure, simply showed me an alternative.

> My greatest success is all the relationships I've fostered over the years. Starting my own business, Alushi Models, was a challenge, but the work is being paid back 10-fold - we've gone from five to over 400 models. booking work worldwide.

- Kirsty Carpenter





### Smell

You'd never guess it, but studies show the smell of cheese increases penile blood flow by five percent. So order in pizza – and choose the veggie option. Mushrooms and broccoli both contain vitamin A, which regulates progesterone, a hormone that flips on sex drive.

Meanwhile, use your own sense of smell to sniff out a good guy. A Swiss study found that women prefer the scent of men with the most dissimilar "major histocompatibility complex" (MHC). This is a collection of genes related to the immune system and the more yours differs from your partner's, the more likely you are to produce healthy offspring. While we wouldn't advise shoving your nose in his armpits, a quick smell of his T-shirt should be enough to gauge if you like his smell - and, therefore, whether he's a good genetic match for you. Watch out if you're on the Pill, though - those pregnancymimicking hormones reverse the effect, making you prefer dudes who are genetically more similar to you.

### **Taste**

Time to hone your puckering up skills. The skin around people's noses and mouths is rich in sebum, which contains pheromones - chemicals that tell you about a person's biological make-up. To attract an A-grade partner, keep your kisses lingering and a bit sloppy (yes, really - just not washingmachine sloppy). "Saliva has traces of testosterone, so men tend to like sloppier kisses more than women do," says Fisher. The theory is that they're transferring testosterone to stimulate your sex drive. Talk about wet and wild.

### Hearing

SNL regular Kristin Chenoweth has been teased for it, but research shows that men are more attracted to women with higher-pitched voices. We naturally speak in a higher tone of voice around ovulation time,

# A study found that men

recalled more emotionalwords if

# a woman whispered in their left ear

so schedule any grand seductions for day 14 of your cycle. Oh, and try whispering in his left ear. A US study found that men recalled more emotional words if a woman whispered in their left ear, compared with their right. Try "I like Christian Louboutin shoes" and see what happens...

### Sight

"Your body gives out over 700 000 signals - most of them unconscious," says Phipps. "You can, however, consciously manipulate these signals." For example, a man is a sucker for full lips - something you can cheat with make-up. Choose a nude-coloured lip liner a shade lighter than your lipstick and line your lips with light feathery strokes. Add lipstick, then finish off with a dab of lip gloss in the centre of your bottom lip. Ta-da! Angelina Jolie-style smackers.

Your gaze is another powerful weapon. "Let someone know you're interested by looking at that person for a fraction of a second longer than you normally would," says Phipps. This works as we're naturally drawn to people who are attracted to us, found Scottish research, Follow it with a slow smile to show your approachability for instant impact. And, possibly, free drinks.

### What's Your Type?

Ben Affleck or Ben Stiller? Here's what's behind your go-to guy



### Married men

Got a thing for a man with a ring on his finger? You're not alone. US research found attached men (like Faf) are seen as more desirable. It's a bit like coveting your friend's handbag: if a man is seen to be desired by another woman it signals that he has good qualities and makes a better mate.



### Brooding men

Ah, the timeless appeal of Mr Darcy... A Canadian study found women were most attracted to men who either looked proud and powerful or moody. It all goes back to evolution - if a man looks proud it implies that he has status, so can provide for his family. That explains Ryan Botha's appeal!



### Stubbly men

Beast's sex-symbol status explained: UK research found that women prefer a sprinkling of stubble to both clean-shaven and fully-bearded chins. This is thought to be because stubble is a clear sign of sexual maturity, but doesn't denote aggression like a full-on beard. So the guys from ZZ Top are safe...

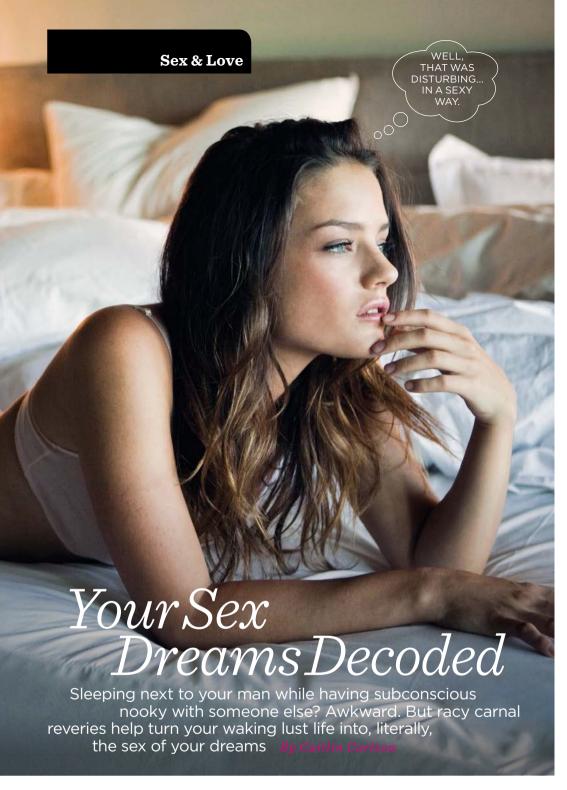


### Funny men

In another study the same UK researchers found the reason some women are suckers for funny men is that we equate humour with intelligence and honesty. But, before you're won over by someone's funny side, know this: research has found no link between hilarity and intellect. Sorry, Trevor.

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You're in the middle of having the most mind-blowing sex ever, and your partner is surprising you with moves he's never tried before. But that's because he's Channing Tatum. And you're dreaming.

Turns out, it's totally normal to have erotic encounters with random people – like a celebrity, a girlfriend, or your ex – as you snooze. But sexy dreams don't always hold a sexual meaning. By analysing who you're getting it on with (and where), you may be able to gain insight that can improve different areas of your life. And all that unfiltered action? Use it as inspiration for your real between-the-sheets action.

### With vour guv

> What it means If your sleepy-time sexcapades feature your partner (49 percent of Women's Health readers' dreams do, according to an online poll), it's usually an indicator that your relationship is super-strong. It can also be a sign that you're becoming more aware of some quality in your partner. For example, if you dream that your guy is being very dominant (and taking you on a desk in the corner office), it suggests that having your guy in a position of power - making strong, confident decisions – turns you on, says Ian Wallace, a dream psychologist and author of The Complete A To Z Dictionary of Dreams: Be Your Own Dream Expert.

But, if you're having issues (especially sexual ones), these may pop up in your dreams too, explains sleep and dream expert Dr Angel Morgan. As in, you wake up just as the sex is heating up, indicating that you may be holding back from fully expressing yourself with him.

### > From dream to reality

Divulge the sultry details of your dream to your guy in a kind of verbal foreplay. It can make the next time you get naked more erotic than it's ever been – and potentially fix any problems you've been having. "Tell him you had a wild dream about him as you kiss him goodbye, then SMS him a reminder during the day," says Dr Jessica O'Reilly, author of The New Sex Bible: The New Guide to Sexual Love. Oh, and feel free to embellish. "This is the perfect opportunity to bring up things you'd like to try," says sexologist Emily Morse, host of the podcast Sex With Emily. Mention that he used a vibrator on you and plant an idea for tonight's action.

### With an ex

> What it means It doesn't necessarily indicate that you miss him or wish your current partner were more like him.

Surprisingly, this dream is all about you. "It usually means that your ex has some trait or quality that you're challenged to own in yourself," says Wallace. For instance, if you dream that you got it on at the airport (which can represent a desire to get a plan off the ground), then your ex's presence may signal that you'd like to inherit his go-getter attitude to finish a task.

#### > From dream to reality

All right, let's be real here: regardless of what the dream means, this re-emergence of your ex probably brought back some fond memories of his unique sexual skills. So why not take advantage of them? Don't regale your current partner with a play-by-play of your steamy dream (bad idea!). Instead, show him exactly which moves you liked, suggests O'Reilly. Loved how creative your ex was during oral play? Loan your guy one of your toys and let him work magic with both tongue and vibrator. Or add some hand play by guiding his fingers exactly where you want them.

#### With a female friend

> What it means If you're straight, you really don't need to start questioning your sexuality.

**A** sexual dream involving a celeb can symbolise a craving for attention

> Hooking up with another woman likely represents a feminine side of yourself - like your caring or nurturing abilities - that you're coming to terms with. Say a high-flying executive dreams she's having sex with a woman. It could mean that she needs to tune

in and be more sensitive to the people she works with. It could also signal that you're looking for more of an emotional connection in your love life.

#### > From dream to reality

Work on making sex more of a prolonged and sensual experience in which you can watch your guy enjoy your feminine assets. "Slow everything down and don't rush," says Morse. "Explain, for example, that you'd like him to slowly undress you." And don't forget eye contact. "Staring into each other's eves can make vou feel more connected."

#### With a celeb

> What it means On the surface, it could just be that you're crazy-attracted to this particular person – and wondering what it would be like to sleep with him. More often than not, though, it can symbolise a craving for attention, either socially or from your partner, says Morgan. Oddly enough, she says, it could also be a positive side effect from engaging in more me-time. Why wouldn't Jared Leto want to sex you up when you feel as great as you do these days?

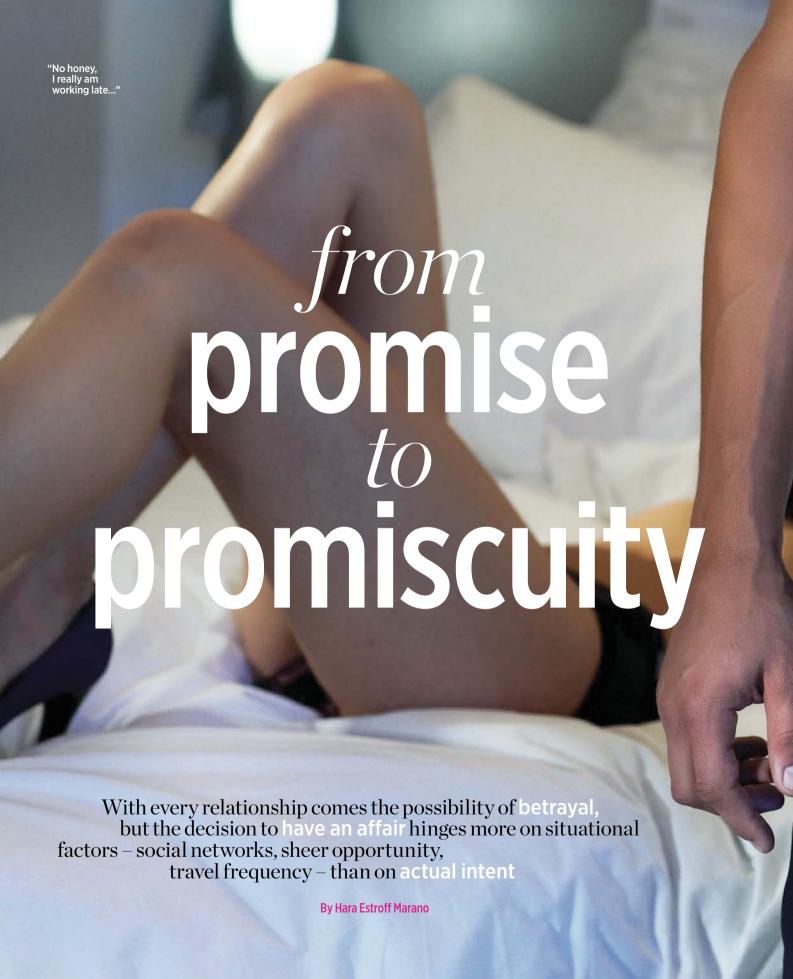
#### > From dream to reality

Channel the excitement that comes with having a sexy star in your bed into a little role-playing fun. "It can be the antidote to boredom in the bedroom," says O'Reilly. But rather than resort to mainstream ideas (like being his French maid), engage in your real fantasies, like you're the burlesque dancer he just watched on stage, or you're Jane to his Tarzan, says O'Reilly. Just make sure to establish a safe word in case the scene gets a bit too real.

#### THE NO-EFFORT ORGASM!

Sex dreams aren't the only way your brain can influence physiological arousal. If you're thrusting and grinding like mad with no O in sight, stop working so hard and consider this: research has shown that just imagining sexual pleasure can be enough to get some women off. And a study in the journal Sexologies found that women who didn't have erotic thoughts during sex had significantly fewer orgasms than those who did.

"Since getting in the mood is often the most challenging part, fantasising ahead of time can prime your body for arousal," says O'Reilly. When you're in a relaxed state - taking a shower, lying in bed, on a leisurely stroll - clear your thoughts so your mind can wander. "You don't have to think about sex itself," explains O'Reilly. "Fantasise about being seduced, being a seductress, or any other thought that gets you going." Soon enough, you'll likely feel the sexual tension building in your body. Use it later on to make sex (solo or with your lover) even more spinetingling. Let it simmer... and you might just wake up with, ahem, damp undies: about 37 percent of women experience what could be considered the most effortless orgasm - a wet dream.







Stepping off a plane after a week's holiday with a friend, she picked up a copy of the local paper. There, in the lifestyle section, was a profile of a female executive whose name Zanele had heard a lot lately – her husband worked with the woman. She'd met her, introduced by her husband at a function. The exec, it was reported, was leaving the company to ethically pursue a relationship with a colleague.

Zanele doesn't remember the trip home from the airport, but the house was empty and her husband's belongings were gone. A note on the kitchen table advised her to refer any questions to his lawyer.

The next day Zanele and her psychologist began the search for the source of the sudden defection. Like most therapists, hers subscribed to the presumption that there were dire problems in the relationship. No one doubts that a straying partner is alone responsible for the decision to engage in infidelity. But a new perspective that puts far more emphasis on situational factors has sparked a revolution in understanding affairs.

#### The shifting landscape of love

No one knows for sure just how common affairs actually are. Social desirability and fear of disclosure skew survey responses. And, in a multicultural country where our president has four wives (and is allegedly looking to take on a fifth), the line between an affair and polygamy is icy-thin. In a WH online poll, 61 percent of you declared that extramarital sex is always wrong although 82 percent also have fantasies of engaging in an affair. Still, studies show that affairs are as common as celebrity break-ups. And while there are no local stats, among US couples, 20 to 40 percent

of heterosexual married men and 10 to 25 percent of heterosexual married women will have an affair during their lifetime. In any given year, 1.5 to four percent of married individuals engage in an affair. True story.

The surveys also reveal a shift in the demographics of deception since the Mad Men era. Among those under 45, the rates of infidelity among men and women are converging. Experts attribute this to changes in opportunities, particularly the movement of women into the workplace; studies show that the majority of individuals did the dirty at work. More cash means we're less risk-averse, because we're less dependent on a partner for support.

That doesn't mean there are no gender differences in affairs. For us, infidelity is driven more by our emotional needs not being met in a relationship, especially when it's not a partnership of equals. For men, infidelity has been more independent of the happy-couples scenario.

While the landscape of illicit love has been shifting, experts have remained fixed in the belief that affairs occur because something is wrong with you and your partner. Make no mistake – most couples want to stay together after a partner has strayed. Yup, 70 percent of couples choose to rebuild the relationship after infidelity, although they may not quite know how.

While relationship dissatisfaction has been linked with straying, there's proof that in almost two-thirds of cases, these problems are the effect, not the cause, of cheating. And affairs themselves skew perceptions of the partnership. Once someone has cheated, partners tend to look back on their relationship and see it as having been flawed all along.

Having 100-percent focus on relationship flaws encourages couples to get psychologically stuck, stewing on the betrayal, reckon the field's thinkers. There is no set time period for the hurt and anger that follows a partner's affair. Yet, if you're the one hurt, you're often rushed into "moving on", burying resentments that fester underground or emerge Elin-Woods-style, golf club in hand.

#### An affair to remember

There are many contributing factors, says psychologist Dr Barry McCarthy. The most common reason? High opportunity. "People fall into affairs rather than plan them," he says. Common causes include...

#### The workplace

Providing people with constant contact, common interests, an income to camouflage the costs of socialising outside the office and an ironclad excuse - the workplace is the ideal place for affairs to fester. A study in the Journal of Family Psychology revealed that those who worked, but whose spouses didn't, were the most likely to be unfaithful. Opportunity at the office is most ominous when it mixes with uneven power on the home front (think Jesse James and Sandra Bullock). "But no one profession has a lock on infidelity," says psychologist Dr Kristina Coop Gordon.

#### 2 Travel frequency

"You're away from your partner, in situations where you're encountering plenty of people," says Gordon. "It certainly facilitates one-night stands."

#### Level of education

As this increases, so does your likelihood of cheating – it may be a marker for more liberal attitudes towards sex. Ditto a history of divorce, or divorced parents, especially if either had an affair. Women with a higher education than their husbands have more affairs, perhaps because they're less dependent on a spouse.

#### Personality differences

Spouses who are comfortable with conflict are less likely to have affairs. Openness, which makes you more satisfied with your relationship and better able to express feelings, is also a characteristic of noncheaters. Some researchers believe that openness is essential to commitment and enduring satisfaction in a relationship.



#### Low levels of agreeableness (compassionate and cooperative)

Low levels bode poorly for monogamy. More important, however, is whether couples are matched on that trait. People who see themselves as more agreeable than their mate believe themselves to be more giving, feel exploited by their partner and seek reciprocity in outside relationships.

#### Self control

Exposure to alcohol, an exhausting day of travelling or challenging work all raise the risk of infidelity. They disable sexual restraint, researchers found. Plus, "some people don't feel desired in their marriage, and they want to see if they can be desirable outside of it," says McCarthy.

#### Hypocrisy or hormones?

The brain contributes to affairs too, says anthropologist Dr Helen Fisher. Through brain-imaging studies, she found that there are separate neural systems for sex drive, romantic love and attachment, and they can operate independently.

"You can feel deep attachment to a partner but also feel intense romantic love for someone else while feeling a desire for sex with others," she says. The attachment system, fuelled by neurohormones, like oxytocin in females and vasopressin in males, drives animals, including humans, to pair-bond to rear their offspring as a team. Both hormones are triggered by orgasm and both trigger dopamine release in reward regions of the brain. But almost all animals cheat, even when they form pair-bonds.

In a study of over 500 men, Swedish researchers found that variations in a gene that codes for vasopressin receptors in humans influences the very ability to form monogamous relationships. Men with two copies of a specific gene variant scored significantly lower on a Partner Bonding Scale and reported twice as many marital crises in the past year. They were also twice as likely to be involved in outside relationships and less likely to have been married than those not carrying it. It's possible, too, that cheating can serve a positive role - as a way to gain attention or to signal there are problems in the relationship. Another study, published in the journal Plos One, found another pay-off: pure, passionate thrill.

#### How to move on

Infidelity has a wildly different emotional impact on each person. The uninvolved partner is traumatised, desperately trying to



piece together what happened. The straying partner, often because of deep shame, may get defensive and shut down or blame the other for not moving on, compounding the hurt. One needs to talk about what happened; the other can't bear to.

Getting on the same track is the key to recovery, says Gordon. The first step is for both people to recognise the huge emotional impact on the uninvolved partner. Gordon and her co-authors found a powerful device: after encouraging the partners to make no decisions about the future in the immediate aftermath of discovery or disclosure, they ask that the cheated-on partner write a letter to the other describing what the hurt feels like. Awkward, but effective.

#### The Other Woman

She might be history's most reviled female. Or most misunderstood, but she isn't all she's cracked up to be. Sex with her is generally no better than sex in the partnership. And she's not likely to be a bombshell. The most you can say for sure is that she's different from you, and that may be all some cheaters need. Most affairs are excursions of opportunity with little emotional investment. Worth crying over, yes - but not necessarily worth flooding the house. Fewer than 25 percent of cheaters leave a marriage for an affair partner and those relationships are statistically extremely unlikely to endure. However much the mystery woman incites rage and envy and dreams of revenge. she falls short of the selfdestructive comparisons made against her.

"The cheating partner must hear, no matter how discomfiting it is," says Gordon. "The experience is intense and usually a turning point. Partners begin to soften towards each other. It's a demonstration to the injured partner that he or she matters."

Then the couple search for the meaning of the affair together. Everything is fair game - attitudes and expectations about the relationship, conflicts, hidden desires, insecurities, needs for excitement, the closeness and distance they feel, job demands, flirtations, opportunities, people and pressures around them at home and outside it. The approach short-circuits the inclination to focus on The Other Person. From understanding flows forgiveness.

#### Bringing sexy back

McCarthy gives the revolution in recovery from affairs another twist: re-eroticising the relationship. "A couple has to develop a new sexual style," he says. The point is to abolish the inclination to compare normal sex with affair sex – a hopeless cause as affair partners don't have to contend with sick kids or dirty plates, and the illicitness of the liaison intensifies excitement.

Most couples treat sexuality with neglect, he says - until an affair sets off a crisis. In healthy marriages, sex plays what he deems "a relatively small 15 to 20 percent part" – but it energises the bond. When couples abandon sex, they wind up draining the entire relationship of its oomph. "You not only lose the connection but your sense of self," says McCarthy. "An affair can be an attempt to regain a sense of self."

McCarthy recommends reconnecting emotionally and physically. He focuses on "non-demand pleasure" and encourages couples to find a mutually acceptable level of intimacy and come up with erotic scenarios.

Six years after her discovery, Zanele is remarried; her new husband shares her taste for travel and adventure. She understands how her frequent work trips – though they never tempted her to stray - hinted at abandonment for her more anxious ex. And how, under the circumstances, his conversations with a female colleague could have evolved from a chat to sex...





IN SEPTEMBER last year, obstacle racer Hanneke Dannhauser was competing in the Jeep Warrior Race - a gruelling trail run. "I broke my ankle at one of the last obstacles," she recalls. "But I refused to give up and, after almost 20 attempts, I managed to clear it." The pain in Hanneke's ankle was excruciating, but she was determined to carry on. "If I'd allowed myself to think in terms of limits I would have guit after the accident. Instead I managed to finish the last few metres walking on my hands - I came third." Earlier this year, ankle healed, Hanneke returned to the Jeep Warrior Race and won it.

Speak to any sportswoman and she'll tell you a story of succeeding against the odds. Sometimes it's an on-field victory, other times it's about coming back from injury - like when professional beach-volleyball player Sheana-Alice Abrahams was told she needed to have knee surgery and might never be able to play volleyball again. "I told myself it wasn't even a possibility, that I'd work hard and do whatever it took to play again."

But, two weeks later, Sheana-Alice developed deep-vein thrombosis. "I had to take it easy and was put on blood-thinning meds. But I never once believed that I wouldn't go back to playing volleyball. I was so determined that I would set my alarm to wake me up during the night so I could do my rehab."

Sheana-Alice has a blood test every four weeks and will always be on meds, but she's still playing. "Not once have I used my situation as an excuse to do less or not do anything at all," she says. "My knee is fine. I'm playing beach volleyball on the national tour and I'm in the national team. Nothing is impossible."

The characteristics crucial to making it in sport are life skills you can apply to other areas like business and relationships, says Clinton Gahwiler, a sports psychologist at the Sports Science Institute of South Africa (SSISA). And you don't even have to go pro - simply participating in sport can help you develop better strength of character and learn important life lessons, like these...

LESSON #1

# patience

**WHEN YOU FEEL** like you have no control, it's easy to give way to panic, but the ocean has taught pro-surfer Tanika Hoffman that patience is the only way to succeed.

"Surfing isn't like playing soccer or tennis where you've got a court or field – with surfing, we rely on Mother Nature and she can be extremely unpredictable," she says. "In a heat you have only 20 minutes to catch two top-scoring waves. I've been in many situations where there are less than five minutes remaining and the ocean goes completely flat or I get hustled by other competitors." Tanika learnt that the best way to respond is simply to stay calm. "It's extremely important to remember that it's just you and the ocean. Stay positive, take yourself to a positive place, be strong and just believe in yourself. Never give up. Believe that when Mother Nature sends you that wave, you will be on it, and trust that you will surf it to the best of your ability."





LESSON #2

# resili

SPORT, BY ITS VERY
NATURE, teaches us to set
goals and gives us the courage
to follow through on them,
says sports psychologist Tom
Dawson-Squibb, director of
Headstart Sport, who believes
that the biggest trait sport
teaches is resilience. Why?
Because there's no such thing
as a sport where everything

goes right. Athletes learn to deal with failure, pick themselves up and carry on pursuing their goals.

Eighteen-year-old Olympic gold-medallist hurdler Gézelle Magerman learnt about resilience and perseverance while other girls her age were playing with their moms' make-up and giggling at boys.



# ence

"My parents told me that sport could change my life if I set goals for myself and was prepared to work hard to reach them. So, from primary school days, I aimed to be the best in the sporting events in which I competed, even if it meant having to practise for longer or more often than the other kids," she explains.

Gézelle's goal was to get a full bursary for a top sporting high school. But disaster struck in her final year at primary school: "I got sick with hepatitis A and, for that whole year, I was unable to participate in any sport at all," she recalls. "My dream to win that bursary was gone."

Instead of giving up, Gézelle decided to fight back and work harder than ever. Last year, her efforts were finally rewarded. "I was delighted when La Rochelle Girls' High awarded me a full scholarship!" In August, she represented SA at the Nanjing Youth Olympics in China and took gold in the 400m hurdles – the only SA entrant to win a medal. "The world underestimates [SA athletes]

and I wanted to show them what I could do," she told Lead SA.

Gézelle attributes her "never give up" attitude to her parents, who've worked hard to make her dreams a reality. But sport has also taught her valuable life lessons: "You learn how to manage your time, work as a team, win and lose. It's taught me adaptability and respect."



LESSON #3

# awareness

IN 2013, JUST A YEAR into her sporting career, handcyclist Justine Asher suffered a crash that could have ended her competitive aspirations almost before they'd begun. "During my first World Cup in Italy (2013), I was racing at high speed during a rainstorm and my brakes failed. The result was that I panicked and ended up crashing into a brick wall, breaking both my feet and fracturing my pelvis."

It was the kind of injury that would scare many women out of competing again, but just a few months later, Justine was back, racing in the World Champs in Canada.

"That [crash] was a hard lesson and my first step in becoming more situationally aware," says Justine. "This awareness, during training and in competition, is vital in keeping me focused at all times. I find that it's easy to

get lost in thought... but, by practising awareness, I'm able to focus, concentrate on my surroundings, listen to my body and know how hard to push and when to pull back."

"How people react in sport is massively revealing of their character; it can be a great tool for self-awareness," says Dawson-Squibb. "For example, how do you feel when you lose a race, or what gets you most motivated to train - fear or joy?" Such knowledge is incredibly useful in the never-ending journey towards personal enlightenment.

For Justine, the awareness she practises on the track has been equally helpful in her relationships. "It's helped me to focus and be better prepared both in competition and in my personal life. I've become a better listener to my husband and children and I'm better able to live in the moment."



**THE BEST ADVICE** road cyclist Ashleigh Moolman Pasio was ever given, was to find her passion in life and to pursue it. She found it on a bicycle, which led her to the tough world of professional cycling. "After all the hard work is done in training and behind the scenes, there are still so many factors that are left to chance - weather, tactics and luck - when you line up at the start of a race." says Ashleigh. "So, even if I arrive in my best physical condition and am motivated to win, there's no guarantee that it will happen."

By the end of Ashleigh's first year as a professional cyclist (2010), she had broken her collarbone three times. "As crazy as it may sound. it was definitely those times that made me value my cycling career the most; the challenges and disappointments helped me grow as an athlete and a person. It was also by enduring such hardships,

that I cultivated my mantra - 'attitude, values, vision.'"

Ashleigh kept her eye on the big picture, rather than letting individual setbacks get her down. In a male-dominated sport, that same drive and vision has helped her secure sponsorship from industry giants like Oakley, USN, Subaru and Momentum.

For Ashleigh, life is all about choices: "We can't always control our circumstances, but we can choose how we react to the obstacles in our way. We can choose to win or lose in life. No one owes us anything. but we all owe it to ourselves to chase our dreams."

#### **Sport Taught Me...**

'I learnt early on that it's going gets tough. Those that are particularly important in sport and that I cultivate each day are hard work, striving for excellence, integrity and



SA Sportswoman of the Year (2014); SPAR gsport Athlete of the Year 2014; bronze at the Commonwealth Games Road Race 2014; selected to represent SA in next year's Rio Olympics.



# niptuck

A bit of plastic surgery doesn't hurt anyone, right? Well, of course it *hurts*, but having work done doesn't mean you'll be scarred for life. Enter non-invasive procedures: the youth-boosting secrets to a fabulous face

By Helen Clemson







One of the most tried-and-tested wrinkle relaxers. Botox (or injectable neurotoxin. as doctors call this type of drug) is injected directly into the muscles to smooth lines and wrinkles, says Gurgenidze. The ouch factor? "Mild pain, redness or swelling (little bumps), but this usually resolves within a few hours. You may see mild bruising at the injection sites."

#### The benefits

Your degree of improvement depends mostly on the initial depth or severity of your lines and wrinkles. "If you start young enough, Botox prevents the signs of ageing because it changes the balance between the muscles," says Allem. When you're younger, your brow's elevator muscles - responsible for lifting – are more active, but as you get older the depressor muscles, which help you frown, take over. A chemical brow lift helps your elevators to stay more active.

It's also the ticket if your neck is starting to give your age away. As you get older, platysma muscles - which hold up your neck and jaw - become

more pronounced. "Having Botox in this area helps them to relax," says Allem.

Suffer from hyperhidrosis (excessive sweating)? If topical meds aren't making you perspire less, Botox can be injected in your underarms, hands and feet. And, if you're a teeth-clencher, ask your doctor and dentist about Botox to relieve TMJ (temporomandibular joint) disorders and associated jaw tension and pain.

#### The change

"It usually takes between three days and two weeks to see results," says Gurgenidze. Book a check-up two weeks after the treatment to see if an additional dose is necessary. Many factors influence the length your Botox treatment will last (usually up to four months). Since your body makes new receptors and neurotransmitters all the time, women have different lengths of effective muscle paralysis.

#### The setback

Bank on roughly R70 to R100 per unit of Botox injected - how much you'll need depends on what will be done.

#### **MAGIC POTIONS**

Scared of needles? Don't have the budget? Try these skinsaving serums to hydrate, smooth, fade imperfections and firm up skin

#### IF YOU HAVE... blemishes



Every little pimple doesn't just go away but stains the skin and leaves a dark mark," says WH skin specialist, dermatologist

Dr Dagmar Whitaker. The reason? The melanocyte (pigment-producing cell) is easily activated and overstimulated. Sweep on a gentle serum specially formulated for acne-prone skin. Estée Lauder Clear Difference Advanced Blemish Serum (R725 for 50ml) helps smooth and boost clarity.

#### IF YOUR SKIN IS... dehydrated



Not all fine lines need Botox to iron them out. Reach for a hydrating serum (like Chanel's Hydra Beauty Sérum, R1255) that plumps up

skin and reinforces its barrier, slowing water evaporation.

#### IF YOU SUFFER FROM... duliness

Nivea Q10 Plus Anti-Wrinkle Energy Serum (R150) is



dosed with creatine, to soften the look of fine lines, and hvaluronic acid to give you baby-soft, glowing skin.

#### IF YOU HAVE... thin lips

Before booking fillers, apply a serum packed with hyaluronic acid to boost your natural reserves. For your lips and mouth area, opt for a pen-like product that delivers active ingredients exactly where you need them. Try Filorga Lip-Structure Double Serum (R600).

#### IF YOUR ... Skin is slack



Sadly, as you get older, collagen levels decrease, so your skin loses its structural support. Add a product that boosts your natural supply - preferably before your fortieth birthday. Placecol

Collagen Reconstruct Therapy (R280) helps improve collagen production for more elasticity and firmness.

You may not want to be plump anywhere else, but a fuller face does keep you looking young. "Volume restoration provides a visible and natural face-lifting effect and improves facial contour," says Gurgenidze. Enter injectable dermal fillers, which are gel-like substances.

#### The benefits

Treatments to fill out cheekbones, lift and reshape eyebrows, plump lips and correct the shape of your chin and nose are all possible, says Gurgenidze. Volume aside, fillers also help improve texture and hydration levels, making your face look smoother and more supple, she adds. And – bonus! – they treat indented hypotrophic (sunken) scars and acne marks.

#### The change

Your results will stay with you for some time. "Depending on the thickness of the fillers, they last between eight and 18 months," says Gurgenidze. "However, as the body metabolises the fillers, it simultaneously produces new collagen and elastin, providing a long-term rejuvenating effect." In other words, once your filler has

deteriorated, your skin will be in a much better condition than before.

Remember to quiz your doc about post-treatment care. While there's not much recovery time, be cautious for the first 24 hours following treatment, and avoid strenuous exercise and alcohol, says Gurgenidze. She also recommends you go make-up free for 12 hours and stay out of the sun and away from heat exposure for two weeks.

#### The setback

Dermal fillers cost around R2 500 to R3 000 and can reach up to R7 000 and over, but should you only need a small amount (to fill in a flattened nose, for example), ask your doctor for a quote for the exact quantity needed.

#### The Low-down On Laser

Lasers and light therapies boost collagen production, so they're great as preventative treatments – start investigating them in your thirties. They help with many beauty bugbears, such as skin tightening, wrinkle reduction, sun damage, blotchy skin, redness and pore size.

### /hemical peels

Remember that episode of *Sex and the City* where Samantha has to wear a veil over her face to cover her red, peeling skin? Don't let that exaggeration put you off a chemical peel – it's a well-known anti-ageing treatment, as it rejuvenates and improves skin appearance, says Gurgenidze.

#### The benefits

"Anyone can benefit from a peel," claims Gurgenidze. Apart from a youth boost, peeling also treats conditions like hyperpigmentation and acne.

#### The change

"Treatments are different according to the ingredients used and the depth of the skin peeling," says Gurgenidze. "A very superficial peel has almost no down time, while deeper peels – like phenol – require 10 days or longer." Some peels, like a glycolic acid peel, can be done a few times during the year, but as SA's high UV concentration is so damaging, certain peels aren't advised during summer.

#### The setback

The amount you'll need to shell out depends on the peel. An alpha hydroxy acid (AHA) peel might only cost you around R500 per session. For a deeper chemical peel, for example, to treat pigmentation that's not budging with regular superficial peels, expect anything from R1 000 to R3 000.

#### IS THAT REALLY YOU?

Overdone cosmetic procedures are responsible for celebs hitting the headlines for all the wrong reasons. We asked Dr Maureen Allem to weigh in



#### **Donatella Versace**

"As you get older, if you lose too much weight, you also lose all the fat in your face, causing your skin to sag. Naturally, she has a large mouth, but because of smoking and sun damage, she's lost volume. She's needed fillers to fill in smoker's lines, but she's had too much done." Allem says that, while Donatella has had skin treatments, her platysma muscles are showing, ageing her more.



#### Naomi Campbell

"She's definitely had Botox between the eyes and just above the brow. This is an example of the trade-off between an experienced injector and a new one. Often you see women with eyebrows lifted up to the sky and it's a quick giveaway that they've had Botox." Always ensure your doc has a lot of hours under her gloves. Ask her if she injects every day, advises Allem.



#### **Tori Spelling**

"She's had too much filler in her cheeks. It looks like it's all sitting in the middle of her face." Plus, too much narrows the eyes – when you smile, the filler will push up and make your eyes look smaller, explains Allem. Cheat a natural look with make-up: use a contoured angle brush to apply bronzer to your cheekbones, then apply highlighter above the



#### Melanie Griffith

"She had a facelift - she's got that pulledback look." Fake a facelift with this exercise from Carole Maggio, author of The Ultimate Facercise: place your index fingers at your outer eye corners. Squint upwards. Look towards the ceiling. Push your face forward and shoulders back for resistance. Hold for 40 seconds. Do this twice a day.



#### Renée Zellweger

While Allem doesn't think Renée looks bad ("she just doesn't look like herself"), her altered face is thanks to work on her eye area. "She had blepharoplasty on her eyelids (a cut above her eye and the fat taken out the brow bone). Plus, I think she's had a bit of Botox under her eyes for that doe-eyed look. Her eyes were quite slanted and now they look bigger and more round."





# DDITIONAL REPORTING: WANITA NICOL

# **BEFORE SHE MADE** THE MISTAKE,

### **BEFORE SPASMS ROCKED HER BODY, BEFORE DOCTORS** RACED TO SAVE HER LIFE,

Rachel was cleaning out her car. That morning (back in 2012) as she rummaged through some junk in the backseat, she found a small bottle of pills. Her psychiatrist had handed her the drug sample months earlier - to try in times of "acute anxiety" - and Rachel had tossed it into her car and forgotten all about it. Now, however, it seemed like a godsend.

Then in her mid-thirties, Rachel had been retrenched from her job at a major IT company. Work was scarce and paying her bond was becoming difficult. Adding insult to injury, she'd just found out that her former Mr Right, the man she'd dated for years, was marrying a mutual friend. The sight of the pills seemed to bring her misery into sharp focus.

Rachel drove home and tapped three white tablets out of the sample bottle. Her shrink had specified that this drug – sometimes prescribed for anxiety disorders - would act as a sedative, calming her down. Like many women, Rachel had some experience with anti-anxiety meds. She knew that three at once might be more than usual, but she'd taken two or three pills in one day before and been just fine. Plus, right now she was desperate.

The pills dulled her panic, but nowhere near enough. Later that afternoon, she took two more and, finally... peace. Rachel lay on her couch, completely relaxed, her mind mercifully silent after

weeks of racing. Until, that is, her arms started spasming.

A tendril of fear wormed its way through Rachel's drug-induced fog. Then the tremors hit her legs. Limbs flopping in all directions, Rachel knew she was in trouble. Oh shit, oh shit, she thought. I must have taken way too many.

She sat up and tried to stand, clinging to the armrest of the couch, fighting to stay conscious. One of the side effects of that particular medication, she would later learn, is low blood pressure (other side effects include slowed breathing and seizures). Her brain wasn't getting enough blood, leaving her on the verge of completely passing out.

#### **Drowning in meds**

While Rachel's ordeal is a pretty extreme case, abusing prescription meds is far from unusual, says Dr Chris Schüler, a psychiatrist at Beethoven Recovery Centre in Joburg. Sometimes, he says, patients deliberately go overboard trying to get high (some meds have mind-altering properties akin to recreational drugs) while other times they're sharing the pills with friends or just taking more than their doctor intended. "In fact, prescription and OTC drugs are after alcohol and marijuana – the most commonly abused substances," says Schüler. "And some have seriously addictive properties of which people aren't aware."

Technically, a prescriptiondrug overdose happens any time a person takes too great a dose of a medication, which, in extreme circumstances, can force the body's major systems and organs to slow or shut down. Overdoses can range from subtle – an extra sleeping pill leads to a too-long, too-deep sleep, but you wake up unaware that you took too much - to dangerous: an excessive amount of painkillers causes the heart to stop altogether. While stats for SA are hard to come by, a US study found prescription drug overdoses in women increased by a whopping 415 percent between 1999 and 2010.

It's true that such meds, when prescribed and used correctly, can be lifesaving. Problem is, doctors who are pressed for time aren't always completely clear on the instructions and patients aren't always listening attentively. They can leave confused about dosages, directions, side effects or the serious nature of the meds they're about to take. "Although doctors have extensive knowledge of medicines, they often simply do not have the time to explain correct use of medicines," says Clicks pharmacist Waheed Abdurahman. "They depend on pharmacists to execute this task. Patients should always ask about dosage, dose intervals, side effects and contraindications. This is especially important if the patient has existing medical conditions or is taking other medication." >

#### **OD WARNING SIGNS**

Not all overdoses look or feel the same - especially since different types of meds trigger different symptoms. But if you recognise any of these symptoms seek immediate medical help, says ER physician Dr Jane Prosser.

- 1. Slowed or laboured breathing
- 2. Slowed heart rate
- 3. Difficulty waking up
- 4. Loss of consciousness
- 5. Unusually small pupils
- 6. Bluish lips or nails
- 7. Cold and clammy skin



Unfortunately, the Web is awash with readily available advice - some reputable, some dangerous. Anyone who's concerned about going overboard can be reassured by Dr Google - online, it's easy to find "no big deal" tales about knocking back a few extra pills.

That lax attitude could stem from a larger cultural shift. While many women may not want to admit that they take medication for psychological problems, like chronic anxiety for example, painkillers - even strong ones - have become as much of a handbag staple as lipstick.

But while meds might be more socially acceptable, they haven't become any less precarious. Crossing the fine line between an effective dose and a potentially toxic one remains all too easy.

#### Female trouble

Realising she'd crossed that line, Rachel summoned her last strength to get to the ER. As she staggered in, with critically low blood pressure, nurses rushed to hook her up to heart monitors and drips. They pumped her with saline solution, trying to flush the chemicals out of her bloodstream. Rachel lay on a hospital bed, her arms and legs still twitching.

Faintly aware of the tangle of wires around her and the "beep beep" of the heart monitor, she drifted in and out of consciousness. Eventually, her spasms subsided, replaced by overwhelming exhaustion. A psychiatric nurse asked Rachel whether she had OD'd on purpose. "Definitely not," said Rachel. "I was absolutely not trying to kill myself. I just wanted to calm my panic." It was just a few pills, she kept thinking.

What Rachel didn't know is that she was particularly at risk for an accidental prescriptiondrug overdose. First and foremost because she is, well, a woman.

Females are much more likely to visit a doctor and receive a prescription. "Cowboys-don'tcry men might resort to the abuse of alcohol to self-medicate rather than seek and accept appropriate help," notes Schüler. And, because women's bodies tend to be smaller than men's bodies, ingredients in many meds hit us harder, kilogram

#### **ACCIDENTAL ADDICTIONS**

Sometimes, popping a few extra pills becomes a different sort of problem. Prescription-drug dependence - especially on painkillers - can sneak up so quickly that you don't realise you're in danger of getting hooked, says Schüler. Watch out for these early warning signs:

#### **MOUNTING TOLERANCE**

You find vourself taking a higher dose of your meds to get the original intended effect.

#### **EXTRA DOSES**

You're not due for another pill until dinner, but you just can't wait; you down one with your afternoon snack.

#### **EARLY REFILLS**

Your prescription should last for another two weeks, but when you check the bottle, you're nearly out of meds.

#### **SUBTLE CRAVINGS** You start thinking

about taking your pills for nonprescribed reasons - vou might swallow a painkiller before your big presentation, just to calm your nerves a little.





for kilogram, raising our chances of overdose even higher if we, say, misread a label and take one pill

What's more, due to too-littleunderstood brain chemistry, women become dependent on addictive prescription drugs faster than men do, making them more likely to take more pills, even before realising they might be hooked.

Plus, many of the meds most at risk of being abused also appear to be the most innocent. Codeine (an addictive substance available OTC in SA) is found in cough syrup and painkillers like Syndol and Lenadol, which are often used to treat headaches. "With continuous use, a person starts developing rebound (withdrawal) headaches that can be mistaken for the original headache the medication was intended to treat - so they take more pills and the cycle of abuse continues unknowingly," explains Schüler.

Sleeping tablets, painkillers and anti-inflammatories are especially high risk, says Abdurahman. And, says Schüler, young women are particularly at risk of becoming dependent on stimulants used for weight loss or study aids.

Women are also much more commonly diagnosed with conditions such as chronic pain, insomnia, anxiety, depression and fibromyalgia - meaning that even medically savvy gals might end up with multiple prescriptions that, in the midst of busy day-to-day lives, are hard to keep straight (see "Lethal Combinations").

The practice of carrying a small pharmacy around in your handbag also puts women at risk – having a menu of pills at hand to pop on the run only increases the odds that women might swallow a scary combination or take too much of any one drug. It also lends itself to sharing meds, which Abdurahman warns is a definite no-no. "Prescription medicines would have been selected by the doctor for the patient based on a number of factors," he says. "If you pass them on to someone else without taking into account important things like blood pressure, diabetes and/or stomach ulcers, the person could suffer dire health consequences."

#### Pill-popping precautions

What ultimately saved Rachel was that she staved aware enough to know she'd overdosed. Many other women aren't so lucky. Too many prescription drugs at once can suppress the body's urge to breathe, as well as bring on a semiconscious state – allowing some people to pass out and never wake up. Mixing meds with alcohol can intensify this effect.

Putting the breaks on misuse and accidental overdoses will require a two-part effort, says ER physician Dr Jane Prosser. "Doctors need to clarify instructions and the maximum number of pills that can be taken in one day," she says. And women should make sure they're clear on dosages and timing - and ask questions if they're not. "Many women will have some knowledge on common OTC medicines, but the majority of people have little or no knowledge when it comes to prescription medicines," adds Abdurahman. "Always speak

to your pharmacist. They give information freely and are qualified to guide you on correct use of all your medicines for you and your family." But, if you're still confused when you get home, don't go online, cautions Prosser. Call your doctor and mention any other meds you're taking.

Doctors and patients should also consider non-drug therapies. "There's nothing wrong with needing a prescription medication, even a strong one, to manage your chronic condition," says pain specialist Dr Mark Boswell. "But make it one of your last options, not your first. And understand the risks, which can be severe." As Rachel came to find. treatments such as psychotherapy, meditation, exercise and dietary changes carry fewer risks than prescription drugs and, in many cases, may work just as well. She now swims regularly to manage her anxiety. And, while she does still take prescription mental health medication - not the same one she accidentally OD'd on - she triple-checks her doses.

#### LETHAL COMBINATIONS

In some cases, doubling (or tripling) up on prescriptions is necessary - but the wrong combo could have critical consequences, says epidemiologist Dr Leonard Paulozzi. Beware these potentially toxic matches and always ask your doctor before mixing

#### SSRIS + OPIOIDS

(antidepressants + painkillers)

Some antidepressants work by increasing brain levels of the "happy hormone" serotonin. Certain painkillers can have the same effect - leading to way too much of a good thing. Sky-high serotonin levels can cause agitation, high body temperature and rapid heart and breathing rates.

#### **STATINS + FLUCONAZOLE**

(cholesterol-lowering drugs + antifungal medication)

Anyone who's had a yeast infection (75 percent of you) is likely familiar with fluconazole. And statins are among the world's most prescribed drugs, making this a highly likely duo that could cause muscle weakness or kidney damage.

#### OPIOIDS + BENZODIAZEPINES

(painkillers + anti-anxiety meds)

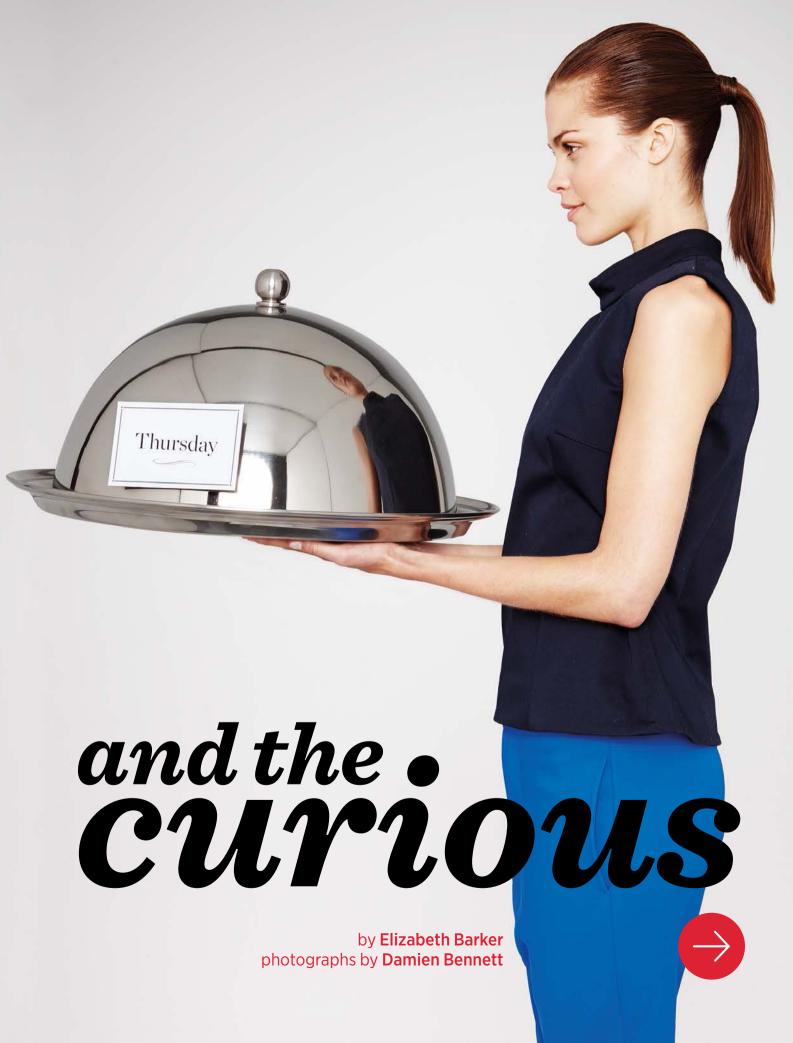
Both types of drugs act as depressants, which can spell sweet relief if you're superanxious or in serious pain or super-anxious about being in serious pain (think dental surgery). But the pills can also lower heart and breathing rates, sometimes too much.

#### **OPIOIDS + BENZODIAZEPINES +** CARISOPRODOL

(painkillers + anti-anxiety meds + muscle relaxers)

Most docs know this combo could turn deadly. Yet a patient might still find herself taking all three - potentially prescribed by different doctors - if, say, she threw out her back and is fighting intense stress at work.





Here at WH, we're about as fond of crash diets as we are of unscheduled loadshedding. So, when the Fast (aka 5:2) Diet first exploded onto the weight-loss scene we were understandably sceptical. Restrict yourself to a meager 2 100kJ (one Big Mac, no chips, hold the sauce) twice a week and eat whatever you want the other days? Sounded like vo-vo dieting on speed. But 5:2 fans (including some seriously famous faces and new research) claim that, not only will you drop about half a kilogram every week. it could even help stave off diseases like diabetes, heart disease and cancer. And, with assertions like those, well, it couldn't hurt to look...

#### THE GREAT **BRITISH DIET**

It's 2012 and the BBC airs a special called Eat, Fast and Live Longer. In the programme, medical journalist Dr Michael Mosley tries intermittent fasting and successfully loses more than six kilos and seven percent body fat in just five weeks.

More than 2.5-million British viewers tune in and millions more around the world watch when it's posted online. A trend is reborn. Within a few months, every bookshop has a shelf devoted to books about intermittent fasting (including Mosley's bestselling The Fast Diet). Each takes a slightly different approach, but most of them revolve around the idea that by eating 2 100kJ (men get an extra 400kJ) – about 20 percent of your body's normal energy needs - on two non-consecutive days a week, you can otherwise eat how you like and still lose weight, improve your cholesterol levels and possibly even prevent cancer.

Of course, fasting is nothing new. It's been central to religious practice for centuries and the idea of physical detox was popular with Plato and Socrates. Even intermittent fasting has been around since the Forties, when scientists found it might prolong the life of mice. But it wasn't until the scale-obsessed twenty-first century that its potential to capture the imagination of a population would be realised.

Devotees say it's easier to stick to a part-time diet than it is to count kilojoules every day for weeks on end. Another bonus - it's one of the few weight-loss plans that actually saves you money. And supporters say it results in greater fat loss than conventional dieting since fasting is thought to promote ketosis (that state in which the body burns fat for energy - you might recognise it from Banting).

A crop of research is helping fuel these claims. Researchers from the University of California sized up the available science on alternateday fasting and found a good deal of animal-based evidence that the approach could help keep blood sugar in check, cut cholesterol, lower heart rate, bring down blood pressure and stave off cancer.

There've also been several human trials, including a 2012 study published in the journal Nutrition and Metabolism, in which 54 obese women were placed on an intermittent fasting programme for 10 weeks. By the end of the study, they showed a significant drop in weight, waist size and fat mass and they had improved cholesterol and inflammation levels.

As for fasting's potential anticancer benefits, it has to do with a hormone called insulin-like growth factor 1 (IGF-1), which prompts your cells to grow, divide and reproduce. "The problem with IGF-1 is that once we're fully grown, we don't need a lot of the new cells it's telling the body to make," explains fasting researcher Dr Valter Longo. "So we have all these cells constantly in 'go' mode, which causes them to age much more rapidly. It's like if you tried to race your car all the time - how long would that car last?" Research from Longo's laboratory and others has found that fasting can drive down levels of IGF-1, which may help keep cells youthful and fend off age-related diseases. Who doesn't want that?

# NOT SO, ERM, FAST...

If intermittent fasting sounds like the perfect diet, keep in mind there's still a lot that researchers don't know. For one thing, there's not much science to support the claim that eating 2 100kJ actually counts as fasting. However, it might be a way to ease into a healthier lifestyle. "For some people, this approach of meal planning can contribute to more flexibility. Individuals may, according to the 5:2 diet, have a basic understanding of food and the energy contribution of different foods to achieve a 2 100kJ intake on the so-called fasting days," says Nicki de Villiers, a dietician from the High Performance Centre in Pretoria.

Experts also haven't agreed on the best way to divide those 2 100kJ. Should you eat three small meals, and we mean very small (see "What 2 100kJ looks like", right); or should you have all your food at breakfast and go without for the rest of the

day? De Villiers notes it's possible to reach ketosis through fasting, but going food-free for just a few hours might not do the trick. "You switch to ketosis in order to preserve glycogen (the body's prime source of stored energy), and that doesn't happen until about 18 hours into a fast," she explains. "We have very limited scientific data from human studies to conclude that intermittent fasting is superior to other kilojoulerestricted diets in an attempt to lose weight."

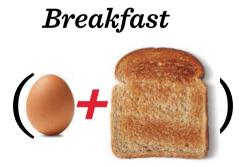
But Mosley argues that the most important thing is for dieters to find an approach they'll stick with - so they should split up the 2 100kJ however it works best for them. "On my fasting days I'll have a breakfast of eggs and ham, drink lots of fluids throughout the day, and then for dinner have a small piece of meat and some vegetables," he says. "It really all depends on how you cope and what feels comfortable to you."

Another concern that both Longo and research dietician Dr Michelle Harvie point out is that the brief bouts of fasting recommended in some intermittent-fasting plans won't have a huge effect on IGF-1. "There seems to be a minor drop in IGF-1 levels after a full day of fasting, but going for two days in a row will cause a much bigger decrease," says Longo.



#### What 2100kJ looks like

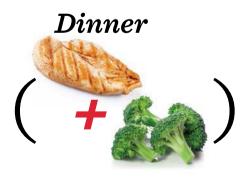
While some 5:2 dieters prefer to squeeze their entire fasting-day intake into just one meal, others break up those 2 100kJ into three (measly) mini-meals. Here's one way to spread your kilojoules on a fasting day:



1 hard-boiled egg (325kJ) 1 slice whole-grain toast (450kJ)

# Lunch

1 cup cos lettuce (35kJ) 4 tbsp tinned tuna (305kJ) Half a tomato (35kJ) 1 tsp oil and vinegar dressing (150kJ)



100g roasted chicken breast (600kJ) 1 cup steamed broccoli (200kJ)

He's also concerned that intermittent fasting could sap your health by throwing off your body clock. "Just like if you were to sleep normally one night and then not sleep at all the next, constantly shifting from eating to fasting is going to be very confusing for your body," Longo says. But, since lessfrequent, longer periods of fasting have been found to offer a host of benefits - including increased protection against heart disease, diabetes and cancer - Longo recommends trying a four-day-long fast once or twice a year. "One of the big advantages of periodic fasting apart from reprogramming your body in a very powerful way that clears out the junk and switches you over to anti-ageing mode - is that it detaches you from the idea that you need food all the time, which can have a long-term impact in terms of improving the way you eat," he says.

Lastly, there's a possibility that women's bodies could respond differently to intermittent fasting than men's - and, similarly, overweight women may have different results to slim women. "Two-thousand-one-hundred kilojoules is an arbitrary allocation of a certain amount of energy for all people. Because people differ in size and amount of physical activity, more research is needed," says De Villiers.

Australian research professor Leonie Heilbronn conducted a study with eight women and eight men who had BMIs in the normal range and found that intermittent fasting caused a bigger spike in insulin levels in the women. Insulin controls how your body uses glucose, so these results offer preliminary evidence that your cells might behave differently when you feast and fast, compared to a dude. What's more, Heilbronn cautions that intermittent fasting might mess with your reproductive health. "We know that severe energy restriction can lower your chances of getting pregnant, so women who are trying to conceive should probably avoid any type of fasting," she says.

Because of these unknowns, some institutions have warned against the 5:2 diet altogether, deeming it a fad with no proven benefit and

little regard for nutritional needs. And even those who approve of the diet agree that you shouldn't try it if you have a history of an eating disorder or are pregnant. If you have a chronic health condition - abnormally low blood pressure or irritable bowel syndrome, for example - consult your GP first.

#### **MAKE IT WORK**

Some of the science is sketchy, but the diet might be worth a try if you're looking to drop a pants size. "Apart from weight loss, I'm not convinced that there are any further benefits, seeing that most of the studies showing positive effects on disease indicators were done on animals," says De Villiers. "A limited period of fasting may pose benefits, but a longer period can lead to negative outcomes: decreased muscle mass, poor nutritional status and decreased hormone levels," she says. Also important: many 5:2 dieters report irritability, fatigue, light-headedness and difficulty sleeping.



# Celebs In The Fast Lane

#### MIRANDA KERR

Light-headedness is one of the early side effects of fasting, which may explain why the Australian supermodel has been linked to Justin Bieber.

#### VIOLA DAVIS

You don't sculpt shoulders like hers without clocking gym time, but the How to Get Away with Murder star apparently used 5:2 to slim down for her role in the James Brown biopic, Get On Up.

#### **GWYNETH PALTROW**

Looking like she's got the fountain of eternal youth in her garden, Gwyneth is rumoured to use intermittent fasting - in addition to those healthy recipes in her cookbooks, of course.

#### LIV TYLER The

elvish princess is reportedly another celeb on the 5:2 wagon - so that's five days of feasting and two subsisting on lembas bread?

#### **JENNIFER LOPEZ The** impressive bod J-Lo flaunted next to Herschelle Gibbs – er, Pitbull - at last year's Fifa World Cup opening ceremony is apparently the result of

the 5:2 diet.

If you do decide to give it a go, tuning into your body's response is key to thriving on an intermittentfasting plan. "The hardest part is the first couple of weeks, because your body's not used to this type of diet," says Mosley. "Eventually, you'll find you can tolerate hunger much better than expected."

Although some versions of the 5:2 diet claim you can eat whatever you want on your non-fasting days, Mosley suggests a more mindful approach. "It still probably boils down to what you do during periods of not fasting, and these periods should not be seen as a reward for getting through the low-kilojoule days," says De Villers. You can't fast for a day or two and then have carte blanche to binge on ice cream and pizza for the rest of the week.

Ultimately, the biggest benefit of intermittent fasting should be the way it changes your relationship with food and reconnects you to your body's hunger cues. "So many people have told me they used to fear hunger and would overeat to prevent it. But getting hungry is okay - it's normal, in fact - and it passes," says Mosley.





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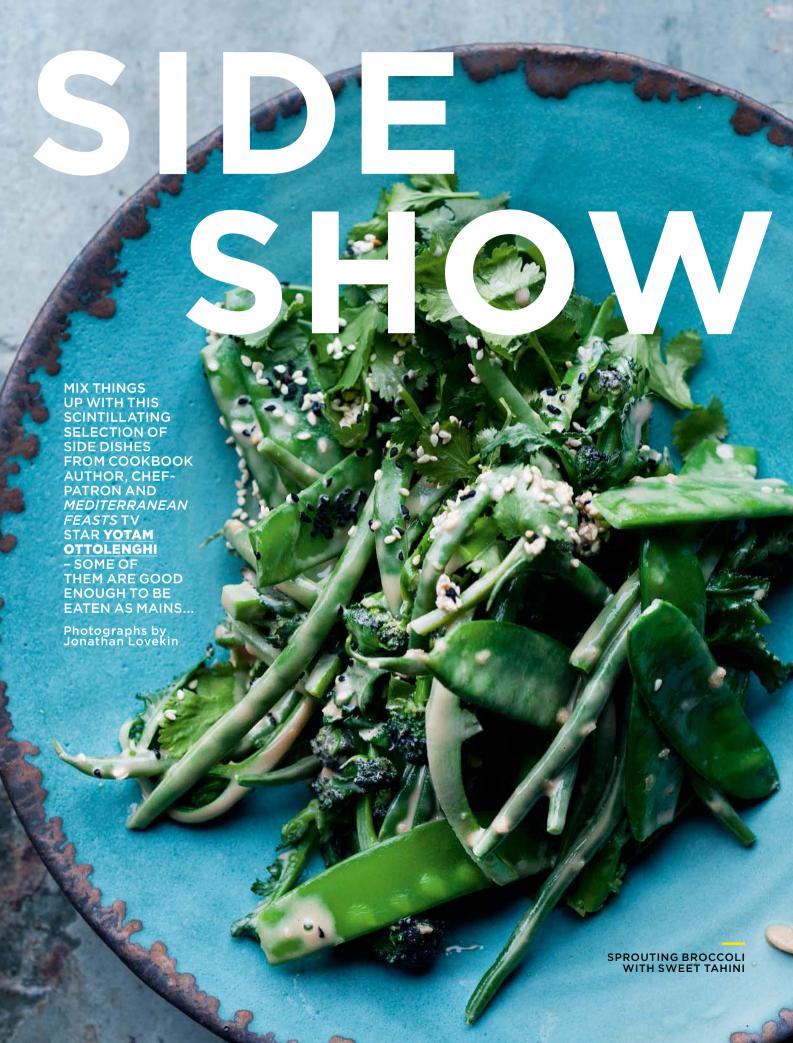
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#### STUFFED PEPPERS WITH FONDANT SWEDE AND GOAT'S CHEESE

"This is classic comfort food. You could serve the turnip on its own with roast beef or pork," says Ottolenghi.

150g unsalted butter
1kg swede turnip, peeled
and cut into 1cm cubes
10g fresh thyme leaves
1½ tsp salt
Black pepper
2 cloves garlic,
crushed
100g Parmesan,
grated
40g capers, chopped
3 small yellow peppers
2 tsp extra-virgin
olive oil
180g chèvre, chopped
Fresh parsley,
chopped

- 1/ Melt the butter in a pan over a medium heat. Add the turnip cubes, thyme, salt and a pinch of pepper. Reduce the heat to low and cook, uncovered, for about 50 minutes, spooning the butter over the cubes occasionally, until they're soft and caramelised. Remove the cubes with a slotted spoon. Place in a large bowl. Add garlic, Parmesan and capers.
- 2/ Preheat oven to 250°C.
- **3**/ Slice the peppers in half, lengthways, keeping the stalks on. Remove the seeds and white flesh and place on a large parchment-lined baking tray, cut side up. Drizzle over the oil, sprinkle with a pinch of salt and roast in the oven for 30 minutes, until the peppers are slightly charred and the flesh is soft. Remove the peppers and reduce the oven temperature to 220°C.
- 4/ Spoon the turnip mix into each pepper and dot the goat's cheese on top.
- **5**/ Return to the oven for 10 minutes, so the cheese gets some colour. Remove from the oven and allow to cool slightly. Sprinkle with parsley and serve.

SERVES 6. Per serving: 1 045kJ, 13g fat (8g sat), 20g carbs, 1 250mg sodium, 6g fibre, 15g protein

#### BEETROOT, AVOCADO AND PEA SALAD

"Keeping a bite on the beetroot adds another layer of texture in the salad. Prepare everything in advance (keep the herbs in the fridge), combine when you're ready and serve with something substantial," advises Ottolenghi.

400g beetroot, peeled and sliced 3mm thick 1 small red onion, thinly sliced 3 tbsp sherry vinegar 60ml extra-virgin olive oil, plus extra for drizzling ½ tsp castor sugar 1 to 3 tsp Tabasco (depending on taste) Salt Black pepper 2 medium avocados, peeled and thinly sliced 10g coriander leaves 10g mint leaves 20g pea shoots or lamb's lettuce 150g frozen peas, quickly blanched and refreshed under cold water

1/ Bring a large pot of water to a boil and add the beetroot. Blanch for three to five minutes, until semi-cooked but still retaining a bite. Refresh under cold water and pat dry before transferring to a large bowl. Add the onion, vinegar, oil, sugar, Tabasco, a good pinch of salt and some black pepper. Toss gently, then set aside for 15 minutes.

2/ Spread half of the beetroot mixture on a large platter or in a shallow bowl. Top with half the avocado, coriander, mint, pea shoots (or lamb's lettuce) and peas. Add the rest of the beetroot and arrange the remaining ingredients on top. Finish off with a drizzle of oil and serve.

SERVES 4. Per serving: 1 379kJ, 25g fat (3.5g sat), 24g carbs, 130mg sodium, 10g fibre, 5g protein











#### COURGETTE "BABA **GANOUSH**"

"There is none of the tahini you'd associate with aubergine baba ganoush: it's the garlic, smokiness and texture of the mashed marrow flesh that calls its purple friend to mind. Served with bread, this is a delightful way to whet the appetite," says Ottolenghi.

1.2kg large marrows 80g goat's milk yoghurt 15g Roquefort, grated 1 egg, lightly beaten 15g unsalted butter 20a pine nuts ½ tsp chilli flakes 1 tsp lemon juice 1 clove garlic, crushed 1/3 tsp salt Black pepper ½ tsp za'atar

1/ Preheat the grill to its highest setting. Place the marrows on a parchmentlined baking tray and grill for 45 minutes, turning once or twice during the cooking, until the skin crisps and browns nicely. Remove and, once cool enough to handle, peel off the marrow skin. Place the flesh in a colander to drain.

2/ Place the goat's yoghurt in a small saucepan with the Roquefort and egg. Heat very gently for about three minutes, stirring often. You want the yoghurt to heat through but not quite reach simmering point. Set aside and keep warm.

3/ Melt the butter in a small pan with the pine nuts on a gentle heat for three to four minutes. Cook until the nuts turn golden-brown, stirring often. Stir in the chilli flakes and lemon juice and set aside.

4/ To serve, put the marrow in a mixing bowl and add the garlic, salt and a good grind of black pepper. Gently mash everything together with a fork and then spread the mixture out on a large serving platter. Spoon the warm voghurt sauce on top. followed by a drizzle of the warm chilli-butter with pine nuts. Finish with a sprinkle of za'atar and serve at once.

SERVES 4. Per serving: 627kJ, 10g fat (3.5g sat), 12g carbs, 320mg sodium, 3g fibre, 8g protein

#### **SPROUTING BROCCOLI WITH SWEET** TAHINI

"This is my take on a Japanese favourite, goma-dare (sweetsesame sauce). Please forgive me for the unorthodox mix of tahini and soy - my only defence is that it works perfectly," explains Ottolenghi.

> 300a sprouting or tenderstem broccoli 120g French beans 180g mangetout 1tbsp peanut oil 20g coriander leaves 21/2 tbsp sesame seeds, toasted 1 tsp nigella seeds

SAUCE

50g tahini 1 clove garlic, crushed 1/2 tsp soy sauce

½ tbsp honey

1 tbsp cider vinegar ½ tsp salt

1/ Whisk together all the sauce ingredients, plus two tablespoons water. You want the consistency to be smooth, like honey.

2/Slice the broccoli stems lengthways, so you are left with long, thin stems, similar to the French beans.

3/ Bring a pot of water to a boil. Blanch the beans for four minutes, until just cooked. Transfer beans to a colander, run under cold water and then towel-dry. In the same water, boil the mangetout for two minutes. Remove, refresh and dry as with the beans. Repeat the same process with the broccoli.

4/ Mix the dry vegetables in a bowl with the oil. Mix in most of the coriander and seeds and arrange on a dish.

5/ Pour the sauce on top of the vegetables and garnish with the remaining coriander and seeds (or serve the sauce on the side).

SERVES 4 Per servina: 879k l 13a fat (2g sat), 18g carbs, 350mg sodium, 5g fibre, 7g protein

#### **SQUASH** WITH CHILLI YOGHURT AND **CORIANDER** SAUCE

"Mixing Sriracha with yoghurt is a fast-track way to reach a sweetsharp depth of flavour. The herb paste brings in another layer of freshness and wowfactor," says Ottolenghi.

90ml extra-virgin olive oil 3/4 tsp salt, plus extra Black pepper 1 tsp ground cinnamon 50g coriander 1 clove garlic, crushed 20g pumpkin seeds 200g Greek yoghurt 1½ tsp Sriracha sauce

1.4kg butternut

1/ Preheat oven to 220°C.

2/ Cut the butternut in half lengthways. Remove seeds, cut into two-centimetrethick wedges, seven centimetres long. Place in a bowl with 30ml olive oil, salt, pepper and cinnamon. Mix to coat. Place on baking trays, skin-side down, and roast for 40 minutes, until soft and golden. Remove and set aside to cool.

3/ To make the herb paste, place the coriander, garlic, remaining oil and a generous pinch of salt in a small food processor,

blitz to form a fine paste and set aside.

4/ Reduce the oven to 180°C. Spread the pumpkin seeds out on a baking tray and roast for seven minutes until they pop. Remove and set aside.

**5**/ Swirl together the voghurt and Sriracha sauce. Lay the butternut wedges on a platter, drizzle over the spicy voghurt sauce and then the herb paste.

6/ Scatter the pumpkin seeds and extra coriander leaves over and serve.

SERVES 4. Per serving: 1839kJ, 25g fat (4g sat), 50g carbs, 590mg sodium, 11g fibre, 14g protein

#### **TOMATO AND ROASTED LEMON SALAD**

"Bulk this up by adding more leaves and fresh herbs. This will turn the salad into a whole light meal," says Ottolenghi.

> 2 medium lemons, halved lengthways, pips removed and finely sliced

3 tbsp extra-virgin olive oil

Salt

½ tsp castor sugar 8 sage leaves, finely shredded 400g yellow and red baby tomatoes, halved 1/3 tsp ground allspice 10g parsley leaves 15g mint leaves Pomegranate arils 1½ tbsp pomegranate molasses ½ red onion, finely sliced Black pepper

1/ Preheat oven to 170°C.

2/ Bring a saucepan of water to a boil, add the lemon slices and blanch for two minutes. Drain. then place the slices in a bowl and pour over one tablespoon of oil, a pinch of salt, the sugar and sage. Gently mix, then spread out on a parchment-lined baking tray. Roast for 20 minutes, until the lemons have dried out a little. Remove and set aside.

3/ Place the rest of the ingredients in a bowl. Add the remaining oil; season to taste. Add the lemon slices, stir gently and serve.

SERVES 4. Per serving: 543kJ, 11g fat (1.5g sat), 10g carbs, 10mg sodium, 3g fibre, 2g protein



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Hit The Road

# Live It Up!

The ultimate indulgence? A sneaky weekend away in the lap of luxury By Kate Wilson





It may be on the outskirts of Stellenbosch and not on a golf estate, but Majeka House is a totally unexpected bolt hole of quirky luxury. Managed by the owner, who lives on the premises (we saw her sneaking off with pastries at breakfast), it feels like you're staying over in a friend's jasmine-scented villa. Said friend just happens to have painted a horse mural on your bedroom wall. The interiors were masterminded by former Visi art director, Etienne Hanekom, which explains the sumptuous cocktail lounge with its midnightblue walls and Chesterfield sofas, plus all the gorgeous pieces by SA design luminaries dotted about.

The bedroom suites are equally lavish and individually decorated with all the five-star touches: bright orange Lavazza coffee machines, rain showers, private terraces, a plunge pool if you're feeling flush...

All of which made it the obvious 2011 Bronze A' Design Award Winner in the category: Interior Space and Exhibition Design.

It feels like you're staying over in a friend's jasmine-scented villa



From left: sumptuous decor by Etienne Hanekom; a typically striking course, served by chef Tanja Kruger; do make time to laze at the pool and soak in the scents of the garden; freshly pressed green juice to start your day.

#### **Garden-to-table**

Breakfast is served outside on the sunny, crazy-genius mosaic terrace, complete with a "hedge" of cacti and the most delicious green juice I've ever had, freshly pressed every day. But what has really put this special boutique hotel on the map is its fine-dining restaurant, Makaron.

A regular nominee in the Eat Out Restaurant Awards, the chef - Tanja Kruger - is a passionate, well-travelled, ex-vegetarian who relies on the hotel's amazing kitchen garden and cooks strictly according to the seasons. Last year, she introduced a chef's table in her kitchen, so curious food nerds can be served the tasting menu at a private, raised table overlooking the prep. And frankly, I've never seen anyone do to a cauliflower what Kruger can do (not even you, Noakes): try a velvety soup encircled with quinoa, couscous and wafer-thin slices of baby marrow and more cauliflower. It's a triumph.

Makaron's kitchen garden was designed by the gurus behind the garden at Babylonstoren, so it delivers everything from nettles for a jewel-bright soup with Jerusalem artichokes and caviar to perfectly rustic organic carrots, which are served with Mauritian sea bass. Incidentally, the garden is also a great place to sit and read, enveloped in the scent of rosemary, mint and basil, with just a gentle splosh of koi as background noise.



#### Earn your supper

An indoor pool worthy of Jay Gatsby is the ideal place for you to work off the pork loin with some gentle laps, or take yourself to the spa to experience the Himalayan Crystal Salt bed, the first in SA.

Feeling more energetic? Bring your bike and ride up to Jonkershoek Nature Reserve, which is something of a mountainbiking mecca. Or just pack your trailrunning shoes and get your fix on foot.

True story: Stellenbosch is a popular training destination for serious international athletes. In season, it can play host to more world champions than anywhere else in the world, so there's no shortage of places to swim, run or cycle.

The good news? Majeka House has amazing winter specials (look them up in July and August) that make it affordable for a very special mini-break. Just do it.

Visit Majekahouse.co.za for info.

#### Hot Wheels

**HYUNDAI i20 FLUID** 



The latest version of this popular little hatch is full of surprises You know that great feeling when you spot *the* perfect dress or pair of shoes and then, when you go to pay for it, you find out it's on sale? That's kind of how I felt in the driver's seat of the new,

There's nothing flashy about this car to catch your eye on first appearance and it's easy to lump it into the box marked "practical runaround". But, once behind the wheel, you'll be surprised by the great drive and power.

While all the essentials are easily within reach, the interior still feels spacious. And there's plenty of storage space in various nooks and car for road trips. Then there's the boot space – you can go ahead and pack all those just-in-case items and still feel

like there's room to spare.
From the outside, the car is actually guite compact, which makes nipping through traffic and small, winding streets a breeze. And, if you're not confident with parking, you'll be pleased to hear that rear-park assist detects unseen dangers and beeps a warning before

and EBD (Electronic Brake-force

It's hard to fault the stability, comfort is a good thing when you consider the price – over R200 000 for a hatchback seems pretty steep, but at least you're getting good value for your money.

**BEST FOR:** Young couples, but there's room to grow...

**BONUS FEATURE: Cubbyhole** cooling system, which keeps that secret chocolate stash from melting.

**DRAWBACK:** The price might and save the difference for romantic

RATING: 4/5

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- Joy Niemack



It's that time again... But the WH team has come up with smart ways to indulge without the bulge





WH Online Get our food ed's pancake recipe at Womens HealthSA.co.za



#### 1/ Wanita Nicol, assistant ed

Honestly, there's no way I'm going to avoid sweet treats completely, so I'll compromise and eat the baby bunny. #PortionControl #GetInMyBelly

#### 2/ George Capetanakis, art director

I always indulge in the extra Easter egg, so I walk it off with the dogs in the park.

#### 3/ Lisa Woldendorp. marketing manager

Skip the chocolate and stir up a low-kilojoule cocktail instead!

#### 4/ Gotlhokwang Angoma, senior features writer

I'm having a total love affair with this raw, organic chocolate. Just a small piece is enough to satisfy : my craving. #Mmmmm!

#### 5/ Amy Rankin, senior copy and food ed

Instead of indulging in Easter eggs for breakfast, I whip up these gluten-free, dairy-free pancakes with honev and pomegranate arils.

#### 6/ Susan Barrett, managing ed

A faux-syrupy health-kick in a glass: lemon/mint smoothie! #Sweet

#### 7/ Kirsty Carpenter, features ed

Make your own sugar-free bunnies: melt Canderel milk chocolate over a double boiler, pour into moulds, refrigerate overnight - and voilà!

#### 8/ Michelle von Schlicht, senior designer

A good-for-you take on chocolate cake: add beetroot.

#### 9/ Thamar Houliston, online ed

As much as I love dark chocolate, I'd rather treat myself to a glass of red wine with hints of red currant and Turkish delight. But just one!



We love seeing you out there living a fit and healthy lifestyle. Take a selfie with your bestie at your next race, on the mat at your morning training session or simply enjoying a nutritious snack, and you could feature on our social media pages! Tweet us @WomensHealthSA and include #WHSnapshot.





#### Balance life beautifully with the new Hisense Infinity H6

The all new stylish and sleek Hisense Infinity H6 is crammed with features, making it easier to use not only when you're making phone calls or using it to work remotely, but also when taking photos or using its exciting entertainment hub - even while out training in the outdoors.

It boasts Dual SIM functionality and a Quad Core Processor for problem free multi-tasking. Running Android 4.4 OS, the H6 is wrapped in a solid metal body housing with dynamic Dolby Digital Sound and front and rear cameras. The Infinity H6 features a long lasting battery for endless entertainment.

Hisense Infinity H6 - accessible advanced smart phone technology.











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